

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

DOMESTIC VIOLENCE AWARENESS MONTH

(719) 243-7907 Call or Text

24/7 Fort Carson Domestic Violence Hotline

UNITED AGAINST DOMESTIC ABUSE

4 October 2023

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.

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

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Community Events Bulletin

Energy Action Month poster contest-

Help celebrate Army Energy Action Month by creating a poster for the national observance held every October. The poster contest is open to children of active-duty military members assigned to Fort Carson in grades 1-5. The Army's 2023 Energy Action Month theme is "Readiness through Resilience." Poster submissions will be accepted Oct. 1-20. The winner will be announced the last week of October and receive a gift card. The winning poster and gift card award presentation photo will be posted to Facebook. Poster guidelines are as follows:

Energy posters can highlight/explain one of the following areas:

- How does your family save energy?
- Why is saving energy important for the planet?
- "How is our electricity made?"

The poster can be hand drawn (with a photo of the poster submitted) or created on a computer (submitted as pdf or ppt file). Photo, pdf or ppt files of the poster submissions will be emailed to the Directorate of Public Works at susan.c.galentine.civ@army.mil by no later than Oct. 20.

Email submittals must include the following:

- Poster file (jpg, pdf, ppt, etc.)
- Name, grade and name of the school the student attends
- Name, rank, unit/s of the active-duty parent/s and contact email and phone number

For more information, email susan.c.galentine.civ@army.mil.

Fort Carson TAP Events and Tips-

--Fort Carson Transition Assistance Program (TAP) has relocated. It is now located at 1625 Ellis Street, building 1218. The hours are unchanged – Monday through Friday, 7:30 a.m. to 4 p.m. The front office is located in Room 135 with main operations on the third floor.

--Upcoming Events: TAP is hosting numerous events in the month of October 2023. Career Skills Program Information Sessions will be held, in the TAP Center, Oct 4 and 18 at 10 a.m. Stop by to learn more about opportunities and meet with program representatives. TAP will be hosting a combined Hiring Event and Resource Fair Oct. 12, 9 a.m. to noon at the Elkhorn Conference Center. There are over 50 employers and resources that will be in attendance. Stop by to learn more about some exciting opportunities! TAP will be hosting Charter-Spectrum for an Employer Day Oct. 16, 9 a.m. to noon at the TAP Center, building 1218. Stop by to meet with Charter representatives and learn more about their opportunities.

--Tips: Transitioning from active service within the next two years? Did you know that it is a congressionally mandated requirement for you to begin TAP not later than 365 days prior to your anticipated transition? Transitioning service members can begin TAP 18 months prior to ETS or 24 months prior to retirement. Get started now by visiting [HERE](#) to register and complete the self-assessment. Once complete, stop by Fort Carson TAP or call 719-526-1001/1002, Monday-Friday, 7:30 a.m. to 4 p.m. to get scheduled for an initial counseling appointment.

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CIF closure-

The Central Issue Facility (CIF) in building 1525 will be closed Oct. 9-13 for its annual 100% inventory. The staff will not schedule any appointments or service for walk-in customers during this time. For emergencies during the inventory, call 719-524-1888 or 719-526-6477.

Digital Garrison app-

For the latest updates on closures and facility hours, be sure to download the Digital Garrison app at the App Store or Google Play and register for Fort Carson. The app can transfer to the next duty station, so there will be no need to re-download it. Users can also sign up for notifications on weather delays, closures and emergency information sent as a push notification.

I-25 ramp closures-

The Colorado Department of Transportation has scheduled temporary closures of the northbound I-25 on- and off-ramps at Mesa Ridge Parkway (mile 132) on Friday, Sept. 29, beginning at 7 p.m. for concrete roadway paving. All lanes will reopen at 9 a.m. Saturday, Sept. 30.

Full closure of northbound I-25 off-ramp at Mesa Ridge Parkway:

--Friday, Sept. 29, 7 p.m. to Saturday, Sept. 30, 9 a.m.

Full closure of northbound I-25 on-ramp at Mesa Ridge Parkway:

--Friday, Sept. 29, 8 p.m. to Saturday, Sept. 30, 9 a.m.

Detours will be in place:

--Traffic intending to exit at Mesa Ridge Parkway will continue north to South Academy Boulevard (mile 135), where they will turn around and re-enter I-25 south to Mesa Ridge Parkway

--Traffic intending to enter northbound I-25 at Mesa Ridge Parkway will enter I-25 south to Santa Fe Avenue (mile 128), turn around and enter I-25 north.

Army Community Service Upcoming Classes

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DATE	CLASS
October 10th	<u>Center on Fathering</u>
	<u>Cooperative Parenting and Divorce Class</u>
	<u>Infant Massage & Baby Nurturing</u>
	<u>Baby Orientation</u>
	<u>Nurturing Families Through Play</u>
	<u>Heartbeat</u>
October 11th	<u>Nurturing Infants to 5 Years</u>
	<u>Resume Essentials</u>
	<u>Financial Strength Budgeting 101</u>
	<u>IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief</u>
	<u>Relationship Preventative Maintenance for Couples & Singles</u>
	<u>Nurturing 3 to 12 Years</u>
October 12th	<u>Center on Fathering</u>
	<u>Financial Touchpoints/Milestones</u>
	<u>Toddler Time</u>
	<u>SFRG Informal Funds Custodian Training</u>
	<u>SFRG Key Contact Training</u>
October 13th	<u>Play Group</u>
October 14th	<u>Bark in the Park</u>
October 17th	<u>Center on Fathering</u>
	<u>Boot Camp for New Moms</u>
	<u>Infant Massage & Baby Nurturing</u>
	<u>SFRG Management Course</u>
	<u>Nurturing Families Through Play</u>

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

Army Community Service Upcoming Classes

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DATE	CLASS
October 18th	<u>Military Spouse Preference & Federal Employment</u>
	<u>Nurturing Infants to 5 Years</u>
	<u>IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief</u>
	<u>Nurturing 3 to 12 Years</u>
October 19th	<u>Center on Fathering</u>
	<u>Toddler Time</u>
October 20th	<u>Financial Touchpoint/Milestone: Divorce</u>
	<u>Financial Touchpoint/Milestone: PCSing</u>
	<u>EFMP 101</u>
	<u>Play Group</u>
October 24th	<u>Center on Fathering</u>
	<u>Baby Sign Language</u>
	<u>Infant Massage & Baby Nurturing</u>
	<u>Navigating USAJOBS</u>
	<u>Nurturing Families Through Play</u>
	<u>Coffee Conversations featuring U.S. Border Patrol</u>
October 25th	<u>Nurturing Infants to 5 Years</u>
	<u>IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief</u>
	<u>Disabling Sickness or Condition</u>
	<u>New Volunteer Orientation, VMIS and OPOC Training</u>
	<u>Nurturing 3 to 12 Years</u>
October 26th	<u>Federal Resume 101</u>

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

October is Domestic Violence Awareness Month

BARK IN THE DARK

@ Iron Horse Dog Park

OCT. 14, 2023 | 10am-2pm | Iron Horse Dog Park

Show your support for the families and pets that have suffered through Domestic Violence by joining ACS and the GO TEAM Therapy Dogs for some pet and human friendly activities, art projects, Clothesline Project, dog leashes and more!

Often ignored, pets play a significant role in domestic violence:

- Up to 75% of domestic violence victims' report that their partners threatened or killed family pets.
- The Humane Society of the United States (HSUS) estimates that nearly 1,000,000 animals a year are abused or killed in connection with domestic violence.



**24/7 Domestic
Violence Hotline:
(719) 243-7907**



Click the graphic to connect
with our Victim Advocacy Program

EFMP Trick-or-Treat

Ghostly Greetings EFMP Families! Does talking about your feelings make you feel yucky and frightened? Don't be haunted by your emotions and feelings! Join EFMP for a FREE arts & crafts and sensory friendly trick-or-treat experience. Grab some ghouling giveaways and tricks!



Open to all Military Families with children who have health needs and/or concerns. Service animals are welcome. Open to all DoD ID card holders.



CARSON.ARMYMWR.COM/ACS

Click the graphic to connect
with our Exceptional Family Member Program

FORT CARSON EMPLOYMENT READINESS



SEASONAL JOB OPPORTUNITIES

**Click on the company name to access the announcement

- [Lowe's](#): Retail Associates, Stocking & Receiving, Cashiers
- [Kohl's](#): Retail Sales Associate, Stockroom Operations Associate
- [Target](#): Guest Advocate, General Merchandise Fulfillment, Front of Store Attendant, Food & Beverage
- [CO Parks & Wildlife](#): Temporary, Internships, and Volunteers
- [UPS](#): Driver Helper, Seasonal Personal Vehicle Package Driver
- [USPS](#): Mail Handler Assistant, Mail Processing Clerk
- [City of Colorado Springs](#): ICE Support Staff, Golf Maintenance Worker, Parks Maintenance Worker, Sport Site Worker
- [BestBuy](#): Retail Sales Associate
- [Michaels](#): Seasonal Team Member
- [Bass Pro Shops](#): Seasonal Cashier, Apparel sales
- [Amazon](#): Various Positions
- [Winter Park Resort](#): Grounds Laborer, Parking attendant, Shuttle Driver, Lift Operator
- [City of Pueblo](#): Recreation Aide, Parking Monitor, Seasonal Parks Worker, Maintenance Worker

Visit us @ <https://carson.armymwr.com/programs/acs/employment-readiness-program>
or call (719) 526-0452

Follow Us on Facebook for More Seasonal Opportunities

www.facebook.com/FtCarsonACSERP



Click the graphic to connect
with our Employment Readiness Program

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FINANCIAL COUNSELING

MEET WITH ONE OF OUR FINANCIAL COUNSELORS
AND GET A HANDLE ON YOUR SPECIFIC FINANCIAL
SITUATION. THIS IS ONE-ON-ONE COUNSELING FOR
CREDIT, BUDGET, DEBT MANAGEMENT, RETIREMENT
PLANS, AND MORE!

(719) 526-4590

carson.armymwr.com/acs



ALWAYS AT NO COST!

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with our Financial Readiness Program

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SECURING THE FINANCIAL FRONTLINE



2023 BENEFITS

Active, Reserve, or Guard Soldiers with AER loans who are eligible and fulfill the requirement can gain credit toward their loans.

★ **SPC/CPL** and below: up to **\$500*** on current loan balance.

★ **SGT** and above: up to **\$250*** on current loan balance.

** Credit will not exceed the current balance of the loan.*



REQUIREMENTS

★ Review and complete the financial training videos on the Army G-9 website within 90 days of the loan creation date.

www.financialfrontline.org

★ **Score an 80+** in the first three attempts on the test in AER's Loan Portal.

www.aerhq.org/loans

ACKNOWLEDGMENTS

The training is available thanks to a \$1 million donation by the Association of the United States Army and a partnership with the Army Installation Management Command, the Army G-9 Team, and the USAA Education Foundation.



THE USAA
EDUCATIONAL
FOUNDATION



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WIC IS NOW AT ARMY COMMUNITY SERVICE



El Paso County Public Health's Women, Infants and Children (WIC) program is now at Fort Carson ACS on Mondays from 12:30 to 3:30 p.m.! WIC provides supplemental food assistance, information on healthy eating, breastfeeding support and community referrals for qualified caregivers, babies and children. Stop by to learn more!

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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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MILITARY AND FAMILY LIFE COUNSELING

MILITARY LIFESTYLE

- ✓ DEPLOYMENT STRESS
- ✓ COPING SKILLS
- ✓ RELOCATION ADJUSTMENT
- ✓ SADNESS, GRIEF, AND LOSS
- ✓ HOMESICKNESS
- ✓ SEPARATION
- ✓ BUILDING RESILIENCY
- ✓ REINTEGRATION
- AND MORE...



Military & Family Life Counselors (MFLC) provide non-medical short term, situational problem-solving counseling to Service Members and their Families.



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.

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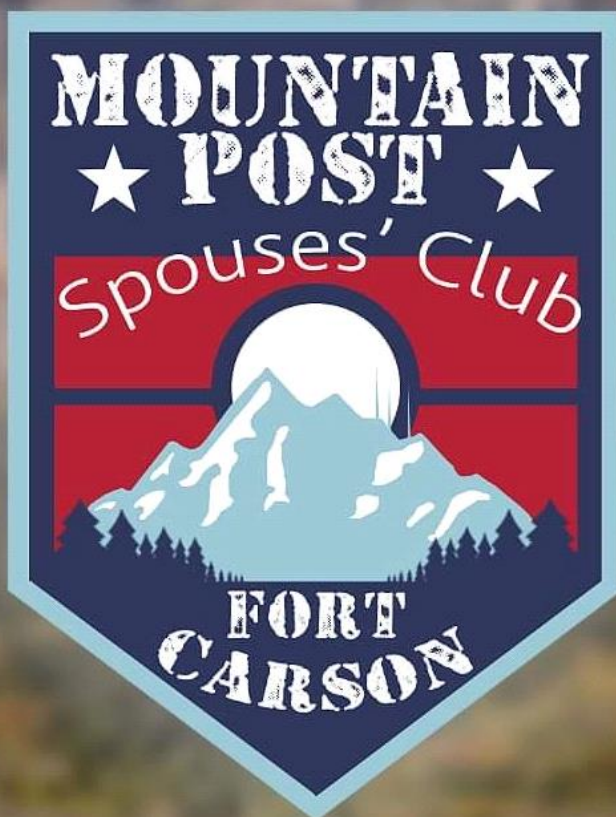


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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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BOARD MEMBERS WANTED!

Our board year ends THIS month
and we're looking for individuals
who would be interested in serving
as part of our non-profit board!

Crafting not required!

**WE HAVE POSITIONS RANGING FROM
PRESIDENT TO MEMBERS-AT-LARGE!**

Contact us on Facebook or email
tumbleweedsatthemountainpost@gmail.com

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MOUNTAIN POST SPOUSES' CLUB

HELLO THE FLOCK

IS BACK

NOW OFFERING FLOCKING ON
FORT CARSON

WE HAVE SIGNS AND STORKS TO
ANNOUNCE THE ARRIVAL
OF A NEW BUNDLE OF JOY

PLEASE EMAIL:
MOTHERFLOCKER@MPSC.US
FOR ALL DETAILS AND PRICING

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Reminder

We are Open

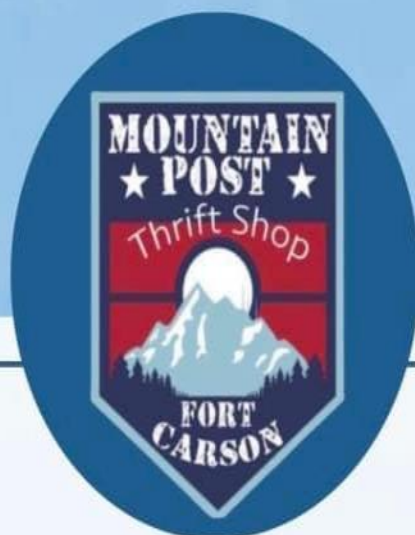
Monday–Thursday, 10–3
1st & 3rd Saturdays of Each
Month, 10–2

Closed On Federal Holidays
and when Post is Closed

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DID YOU KNOW?

The Mountain Post Thrift Shop is a special activity of the Mountain Post Spouses' Club. The purpose of the Thrift Shop is to provide a service to the community by providing affordable goods. It shall promote a profitable operation, with the monies earned earmarked for the financial charitable activities sponsored by the MPSC.

www.mpsc.us

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APPLICATIONS ARE OPEN!!

In Order to Apply you need the
following documents:

1. LES/SRB
2. DD 1172-1



Applications are open! If you have children 0-12 years old and need assistance this holiday season for your family apply to MPSW program today! [CLICK HERE TO APPLY](#)

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MPSW IS LOOKING FOR VOLUNTEERS



Interested in joining us?

Scan the QR code below or email
mpswvolcoordinator@gmail.com to
apply



[HTTPS://WWW.MOUNTAINPOSTSANTASWORKSHOPCO.COM/](https://www.MountainPostSantasWorkshopCO.com/)

WE NEED HELP WITH:

- Our Annual Golf Tournament
- Sorting donations
- Assisting families during Shopping Week
- Supporting Ruck Marches
-

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MOUNTAIN POST SANTA'S WORKSHOP



TOY RUCKS

It is not too early to sign up for a Toy Ruck! Thank you to those that have already secured their date. If you have a date in mind for your unit please reach out to mpsw.ruckcoordinator@gmail.com! Our ruck calendar will be posted next month!

COMMUNITY EVENTS

We have some exciting fundraisers this summer if you are looking to plan a unit or SFRG event please consider the below:

- Rocky Mountain Vibes Game; we are fortunate to be partnering with the Rocky Mountain Vibes this summer. A portion of all proceeds from the "Local" stand will directly benefit our organization. We will be at the stand 6/29, 7/3, 7/23, 8/3, 8/5, 8/11, and 8/25
- Goat Patch Brewery Bleeding Heart Night: we will be part of Bleeding Heart Night on July 25 at Goat Patch Brewery. A portion of all proceeds will go to our organization.



<https://www.mountainpostsantasworkshopco.com/>

Food Resources

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2023 DATES:

1st and 3rd
Thursdays:
9/7, 9/21,
10/5, 10/19,
11/2, 11/16



TIME:

11:00 am
until food
runs out

LOCATION: MITCHELL HIGH SCHOOL
1205 Potter Dr, Colorado Springs, CO 80909

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

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2023 Fechas:

1er y 3er
Jueves:
9/7, 9/21,
10/5, 10/19,
11/2, 11/16



HORA:
11am
hasta
agotar
alimentos

Ubicación: MITCHELL HIGH SCHOOL
1205 Potter Dr, Colorado Springs, CO 80909

Las fechas y los horarios están sujetos a cambios. Visite ppunitedway.org para obtener actualizaciones.

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FOOD PANTRY

6436 US Hwy 85 - next to the Health Department South

Three food programs

- **Thursday** – Food Pantry **2-7 pm**; no income requirements
- **Friday (1st or 3rd)** – Senior Box (CSFP)
& Commodities (TEFAP) **10 am – 2 pm**
 - You can come only once per month
 - SNAP participants automatically qualify
- Go to our website for applications and more information

www.connections4lifecenter.org

Visit us on the web for: - Program details – Applications - Updates

Our programs are designed to supply at least 75% of your food needs if you can cook.



Weekly sample box for a family of 2

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Door Dash has teamed up with Pikes Peak United Way 2-1-1 and [Care and Share Food Bank for Southern Colorado](#) to bring FREE food delivery to Colorado Springs! 🍏 🥤 🥛

Call Pikes Peak United Way 2-1-1 to see if you're within the qualifying area and schedule your free food delivery!

RIDE UNITED
Last Mile Delivery



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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!



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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**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

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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

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Fort Carson Religious Services

Saturday

Agape (Contemporary)	Soldier Memorial Chapel	1800
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Sunday

Catholic Mass	Soldier Memorial Chapel	0900 and 1100
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Traditional Protestant	Healer Chapel (Evans Hospital)	0900
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Traditional Protestant	Provider Chapel	1100
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Gospel Service	Prussman Chapel	1000
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Samoan	Veterans Chapel	1100
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Tuesday

Jewish Studies	Veterans Chapel	1200
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Wednesday

Wednesday Family Night	Soldier's Memorial Chapel	1700
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Monday - Friday

Daily Catholic Mass	Soldier Memorial Chapel	1145
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Friday

Islamic Prayers	Provider Chapel	1315
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scholarships

[Mrs. Patty Shinseki Spouse Scholarship Program \(AER\)](#)

[MG James Ursano Scholarship Program \(AER-For military kids\)](#)

[My Career Advancement Account Scholarship \(MyCAA\)](#)

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

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

[Fisher House Foundation Scholarship Program](#)

[Scholarships for Military Dependents](#)

[Military Spouse Scholarships](#)

[Military Family Scholarships](#)

[Freedom Alliance](#)

[**CLICK HERE FOR MORE!**](#)



Better Opportunities For Single Soldiers

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OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 BOSS	2	3 BOSS General Rep Meeting @ The HUB @ 1500	4 Volunteer for Family Nights 1600-2000 @ Bldg. 1012	5 Study Board @ HUB 1600-1730	6 DONSA Moab National Park Trip with ODR	7 Moab National Park Trip with ODR
8 Moab National Park Trip with ODR	9 HOLIDAY	10 BOSS Senior Council Meeting @ BOSS Lounge @ 1500	11 Volunteer for Family Nights 1600-2000 @ Bldg. 1012	12 Study Board @ HUB 1600-1730	13	14
15	16	17	18 Volunteer for Family Nights 1600-2000 @ Bldg. 1012	19 Study Board @ HUB 1600-1730	20	21 Cave of the Winds Haunted Lantern Tour 1800 - 2000
22	23	24	25 Volunteer for Family Nights 1600-2000 @ Bldg. 1012 Auto Skills Class @ Auto Craft Center 1700-1800	26 No DUI Program for 759 MP Ball @ Double Tree Hotel 1930 - UTC	27 Haunted House @ USO 1800 - 2100 (Rec & Leisure/Community Service)	28
29	30	31				

Major BOSS Event

Quality of Life

Community Service

Recreation & Leisure

Life Skills

BOSS Lounge

6391 Chiles Ave, Bldg. 1511
Fort Carson, CO 80913
(719) 524-5202

Wed-Fri 1100 - 2000

Sat-Sun 1300 - 2000

DONSAs 1300-2000

BOSS Office @ The HUB

6371 Specker Ave, Bldg. 1532
Fort Carson, CO 80913
(719) 526-5347

M-F 1000 - 1600



Scan the QR code for more BOSS information!

Better Opportunities For Single Soldiers

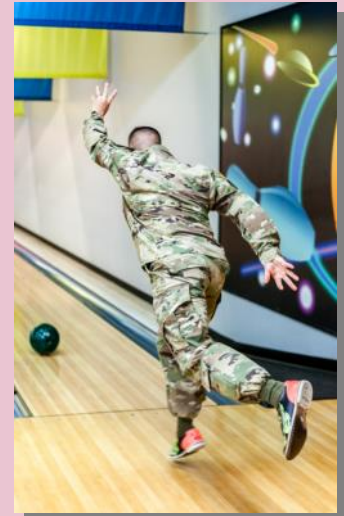
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BOSS

**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.**

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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@army.mil

Keep up to date with local events and deals with the



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ASAP
ARMY SUBSTANCE
ABUSE PROGRAM

ASAP Location - New Building
Bldg. 1218 (Second Floor)
1625 Ellis Street
Fort Carson, CO 80913

These ASAP Specialists are assigned to work with your unit:

1SBCT DIVARTY HHBN 4 SFAB	POC:	Vacant – contact Anthony McCollin	Anthony.j.mccollin.civ@army.mil
2SBCT NORTHCOM SMDC	POC:	Norma Rivera 719-526-2710	Norma.e.rivera.civ@army.mil
3 rd ABCT 4 CAB	POC:	Albert Bush 719-526-9191	Albert.j.bush4.civ@army.mil
627 HC MEDDAC/DENTAC/VETCOM 71 ORD 759 MP 4 EN Battalion 4SB	POC:	Susanne Watts 719-526-9283	Susanne.m.watts2.civ@army.mil
10 SFG CID WCAP USAG All others	POC:	Anthony McCollin (Prevention Branch Chief) 719-526-5108	Anthony.j.mccollin.civ@army.mil
Suicide Prevention Program		Cheril Paxton 719-526-0401	Cheril.paxton.civ@army.mil
Program Manager		William Lana 719-526-2501	William.w.lana.civ@army.mil

1. ASAP and SUDCC (Substance Use Disorder Clinical Care.) What is the difference?

On 1 OCT 2016, the Army's substance abuse counselors were reassigned from IMCOM to MEDCOM.

All substance use clinical counseling and treatment now belong to the Substance Use Disorder Clinical Care which falls under the Division of Behavioral Health. In many cases, these SUDCC counselors are collocated with their Embedded Behavioral Health teams. They are located in Bldg. 1830. Reach them by phone at (719) 526-7155.

2. What does the ASAP have to assist units on Fort Carson?

- Unit Risk Inventories (URI) – an assessment of high-risk behaviors.
- Training/Education (General prevention education, targeted training, Colorado laws, etc.)
- DUI Simulator goggles.
- Breathalyzers for check out and unit use.
- Consultations with command teams.
- Alcohol and Drug Abuse Prevention Training (ADAPT). A 4.5 hour version is available for higher risk populations.
- National Campaigns.
- Drug paraphernalia identification – great idea for an LPD.
- Invite us to your Safety Stand downs, Family Days and Organization Days.

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ASAP Location – New Building

Location: Bldg. 1218, second floor. Street Address is 1625 Ellis Street, Fort Carson CO, 80913. Building 1218 is located at the Southeast corner of Wetzel Ave and Ellis St, just South of the Garrison Headquarters.

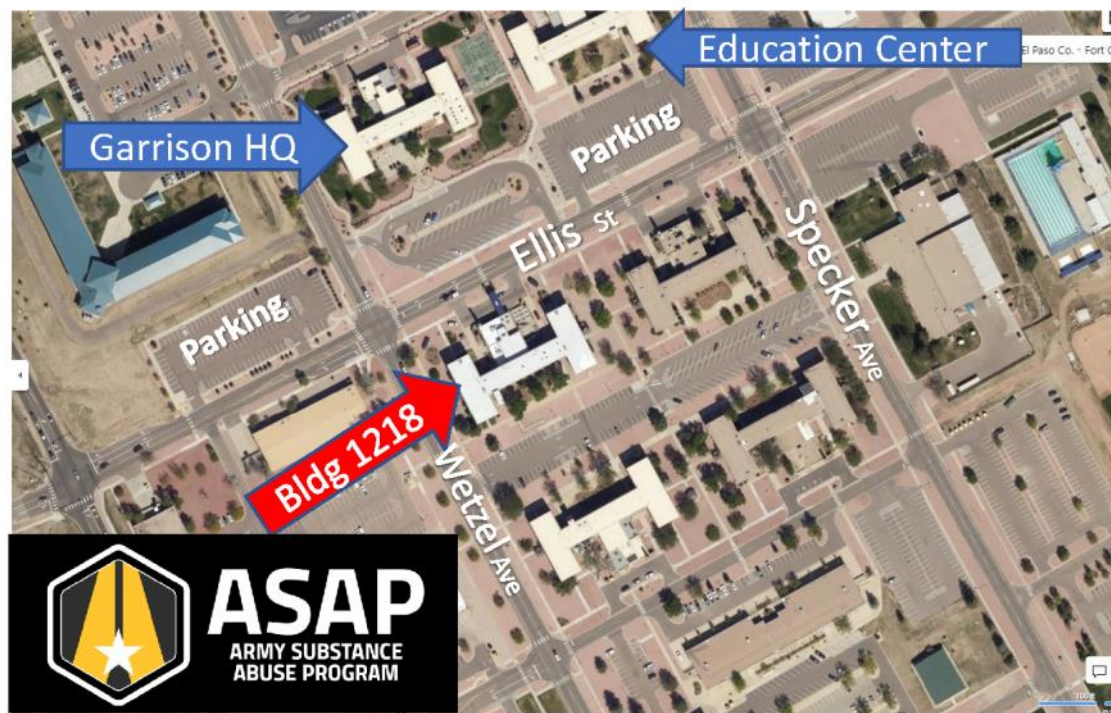
PARKING may be a challenge – plan ahead.

Beginning Monday, 27 March, ALL UA Specimen turn in will happen in Bldg. 1218.

Phone numbers will remain the same:

DTCP: 719-526-8407

ASAP Phone tree: 719-526-2727 (ASAP)



This does NOT affect SUDCC (*where Soldiers go for screening and treatment*).
SUDCC will remain in Bldg. 1830, Mountain Post Behavioral Health Clinic.

Fort Carson Army Substance Abuse Program

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ASAP Training opportunities – Contact the ASAP Specialist for your unit listed below to schedule

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 minute 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

Anthony McCollin Prev. Branch Chief 719-526-5108	Vacant Call Mr. McCollin until we hire someone	Norma Rivera 719-526-2710	Albert Bush 719-526-2422	Susanne Watts 719-526-9283
10 SFG(A)	1SBCT	2SBCT	3ABCT	4DSB
CID	4SFAB	NORTHCOM	4CAB	743 MI Bn
USAG	HHBn	SMDC		759 MP Bn
WCAP	DIVARTY			71 EOD
				4 EN
				PHC
				627 FH
				EACH/SRU/DENTA C

Suicide Prevention

THESE THREE
DIGITS COULD
SAVE A LIFE

CALL 988 and **Press 1** to
reach the Military Crisis Line

TEXT 838255

CHAT 988lifeline.org/chat

Keep up to date with local events and deals with the



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**COMMUNITY
NEWSLETTER**

988
SUICIDE
& CRISIS
LIFELINE



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QPR Training

- Recognize the warning signs of suicide
- How to talk with someone who may be at risk for suicide and get them the help they need.
- Refer at-risk individuals to appropriate resources for help

Who can be trained:

- Individuals
- Organizations
- Families

FREE

90 minutes.
In-person
or
Virtual option*

How to sign-up:

Visit PPSPP website
(<https://www.pikespeaksuicideprevention.org/>).
Go to the training tab and submit a training request.

- Call PPSPP at (719) 573-7447.
- Email Maria at maria@pikespeaksuicideprevention.org
or
Bella at bella@pikespeaksuicideprevention.org

Suicide Prevention

Keep up to date with local events and deals with the



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Suicide Prevention



SUICIDE
PREVENTION
CONNECTION
GROUP

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

SUICIDE LOSS
GRIEF SUPPORT
GROUP

Tuesdays 6:00-7:30pm
*A CLOSED Adult Grief Group
Ages 18+

TEEN GRIEF
SUPPORT GROUP

Wednesday 6:00-7:30pm
Teen Grief Group
Ages 13-19

TEEN TALK GROUP

Thursday 6:00-7:30pm
Teen Peer Support Group
Ages 13-19

FREE
COUNSELING
SERVICES

Call or email to Inquire
info@pikespeaksuicideprevention.org

719.573.7447

www.pikespeaksuicideprevention.org

Programs

Keep up to date with local events and deals with the



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Suicide Prevention



CHILDREN'S GRIEF
SUPPORT GROUP

HEARTBEAT
SUICIDE.
LOSS
SURVIVOR
GROUP

DBT GROUP

YOGA

FREE
COUNSELING
SERVICES

719.573.7447

Programs

Friday 5:30-6:30pm

Children's Grief Group
Ages 6-13

Friday 6:30-7:30pm

Adult Grief Support Group
Ages 18+

1st and 3rd Saturday 10:00am-12:00pm
Middle School-Aged Youth

4th Saturday 8:30-9:30am
Adult Yoga Group

Call or email to Inquire
info@pikespeaksuicideprevention.org

www.pikespeaksuicideprevention.org

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Who should use the Lifeline Chat and Text Service?

Anyone who is depressed, going through a hard time, needs to talk, or is thinking about suicide can use the service.

The crisis counselors are here to listen and support you through whatever difficult times you may be facing.

988 SUICIDE & CRISIS
LIFELINE

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.

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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.

Resources

[Drug-Free Workplace Brochure](#)
[Employee Assistance Program Brochure](#)
[Suicide Prevention and Intervention Protocols Brochure](#)
[Working Remotely](#)

For more information

Call (719) 526-2196 *(Please leave a voicemail for a return call if necessary)*
or email usarmy.carson.imcomcentral.mbx.dhr-asap@army.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



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**COMMUNITY
NEWSLETTER**

FORT CARSON

PRO DEO ET HUMANITATE

CARE

COMMITMENT

HEALTH AGENCY

DEPARTMENT OF DEFENSE

**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.

Fort Carson Family Homes

Keep up to date with local events and deals with the



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 HALLOWEEN DECOR CONTEST Send in Photos By The 19th	2 PUMPKIN POOP At 6800 At 2:30pm	3 PUMPKIN POOP At 6800 At 2:30pm	4	5	6 Guess How Much The Pumpkins Weigh to win the Pumpkins. The winner will be announced 10/9.	7
8	9 HAPPY BIRTHDAY Kids Birthday Club Winner Announcement	10	11 TRUNK OR TREAT Starting at 5pm	12	13 Guess how many m&M's to win Bump and Bounce Body Bumpers. Winner will be announced 10/16.	14
15	16 HAPPY BIRTHDAY Final October Kids Birthday Club Winner Announcement	17 PUMPKIN POOP At Okinawa and Harr at 4pm	18 pumpkin carving contest Winners will be announced 10/23.	19	20 HALLOWEEN DECOR CONTEST WINNER ANNOUNCEMENT	21 HAUNTED HOUSE Starting at 7pm
22	23 FAMILY COSTUME CONTEST Send in photos by 10/25 at 5pm to enter. Winner will be announced 10/26.	24	25 At Fort St And Harr at 2:30pm PUMPKIN	26	27	28
29	30	31 HAPPY HALLOWEEN				

FOR QUESTIONS OR CONCERNS REGARDING EVENTS PLEASE CONTACT THE EVENTS MANAGER JENNYLEE HANLON AT
JHANLON@88CCRP.COM OR (719)499-0707

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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
or 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

Keep up to date with local events and deals with the



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OCTOBER GRANT LIBRARY EVENTS

Registration required. Please stop by or call : (719) 526-2350



LAPSIT STORY TIME

Tuesdays | 10:30 a.m.



RTAP

Resiliency Through Art Program

Tuesdays | 3:30 - 5:30 p.m.

LEGO CLUB

Wednesdays | 3:00 - 4:30 p.m.



PRESCHOOL STORY TIME

Thursdays | 10:30 a.m.

SPANISH STORY TIME

Thursday, October 12 | 10:30 a.m.

SPECIAL STORY TIME "FIRE PREVENTION MONTH"

with a SPECIAL GUEST READER

Thursday, October 19 | 10:30 a.m.



SENSORY PLAYTIME

Friday, October 13 | 10:30 a.m.

TEEN - TOBER*

"VIDEO GAME CHALLENGE"

REGISTRATION REQUIRED

Wednesday, October 18 | 4:00 - 6:30 p.m.

SPICY READS BOOK CLUB

Thursday, October 19 | 5:30 p.m.



HOME-SCHOOL HANGOUT

Friday, October 20 | 2:00 p.m.

FALL FESTIVAL!

AT THE LIBRARY*

REGISTRATION REQUIRED

Saturday, October 21 | 10:30 a.m.

MAKER SPACE MEETUP *

REGISTRATION REQUIRED

Saturday, October 28 | 10:30 a.m.



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



Grant Library
1637 Flint St., Bldg. 1528
Fort Carson, CO 80913

"Lead in Modernizing and Innovating to be the Army's premier installation to work, live, train, and thrive!"

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Fort Carson FITNESS CLASS SCHEDULE

2023 OCTOBER

IVY

Ivy Fitness Center
BLDG 1925 | (719) 526-2706

WAL

Waller Fitness Center
BLDG 2357 | (719) 526-2742

SCHEDULE KEY

GREEN: \$3 CLASS

BLUE: COMPLIMENTARY CLASS

RED: ACTIVE DUTY ONLY CLASS

MONDAY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	WAL
6:30 a.m.	P3T	IVY
6:30 a.m.	PT CYCLE	WAL
8:00 a.m.	SRU	IVY
4:15 p.m.	TRX INTRO	IVY
6:30 p.m.	ZUMBA	IVY

TUESDAY

TIME	CLASS	LOCATION
6:30 a.m.	P3T	IVY
8:00 a.m.	SRU	IVY
9:00 a.m.	ZUMBA BARRE	IVY
9:30 a.m.	BARRE	WAL
11:30 a.m.	BARRE	WAL
10:00 a.m.	TRX	IVY
11:45 a.m.	EXPRESS CYCLE	WAL
6:00 p.m.	FITNESS FURY	WAL
4:15 p.m.	TRX INTRO	IVY

WEDNESDAY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	WAL
6:30 a.m.	P3T	IVY
6:30 a.m.	PT CYCLE	WAL
8:00 a.m.	SRU	IVY
10:00 a.m.	CORE BLAST	IVY
6:30 p.m.	ZUMBA	IVY

THURSDAY

TIME	CLASS	LOCATION
6:30 a.m.	P3T	IVY
6:30 a.m.	PT CYCLE	WAL
6:45 a.m.	BOOT CAMP	WAL
8:00 a.m.	SRU	IVY
9:00 a.m.	ZUMBA	IVY
9:00 a.m.	BARRE	WAL
10:00 a.m.	TRX	IVY
11:45 a.m.	EXPRESS CYCLE	WAL
4:00 p.m.	INTRO TO YOGA	IVY
6:00 p.m.	FITNESS FURY	WAL
6:30 p.m.	MIXEDFIT	IVY

FRIDAY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	WAL
6:30 a.m.	TRX	IVY
6:30 a.m.	PT CYCLE	WAL
6:30 a.m.	P3T	IVY
8:00 a.m.	SRU	IVY
9:00 a.m.	YOGA	WAL
10:00 a.m.	TRX	IVY
11:00 a.m.	MINDFUL MEDITATION MOVEMENT & MOBILITY	IVY
5:30 p.m.		

SATURDAY

TIME	CLASS	LOCATION
6:30 a.m.	TRX	IVY
8:00 a.m.	CYCLE	WAL
10:00 a.m.	INTRO TRX	IVY

SCHEDULE SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY & FACILITY CLOSURES.



More Events and Info at
carson.armymwr.com



CarsonDFMWR



@carsonmwr
#CarsonMWR



Fort Carson MWR

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NEWSLETTER**



PUMPKIN SPICE

5K & 1 Mile FUN RUN/WALK



**Iron Horse
Park**

Oct. 28
9 a.m.-12 p.m.

Visit CARSON.ARMYMWR.COM for more info!

Fort Carson MWR

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[CLICK HERE TO LEARN MORE!](#)

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WALLER FITNESS CENTER GROUP FITNESS CLASS SCHEDULE & PERSONAL TRAINING

One-On-One Training		Buddy Training	
Sessions	Packages	Sessions	Packages
1	\$40	1	\$70
5	\$175	5	\$230
10	\$300	10	\$320



More Events and Info at
carson.armymwr.com



Find us on Social Media
[@wallerfitnesscenter](https://www.facebook.com/wallerfitnesscenter)



[@carsonmwr](https://twitter.com/carsonmwr)
[#CarsonMWR](https://twitter.com/CarsonMWR)



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

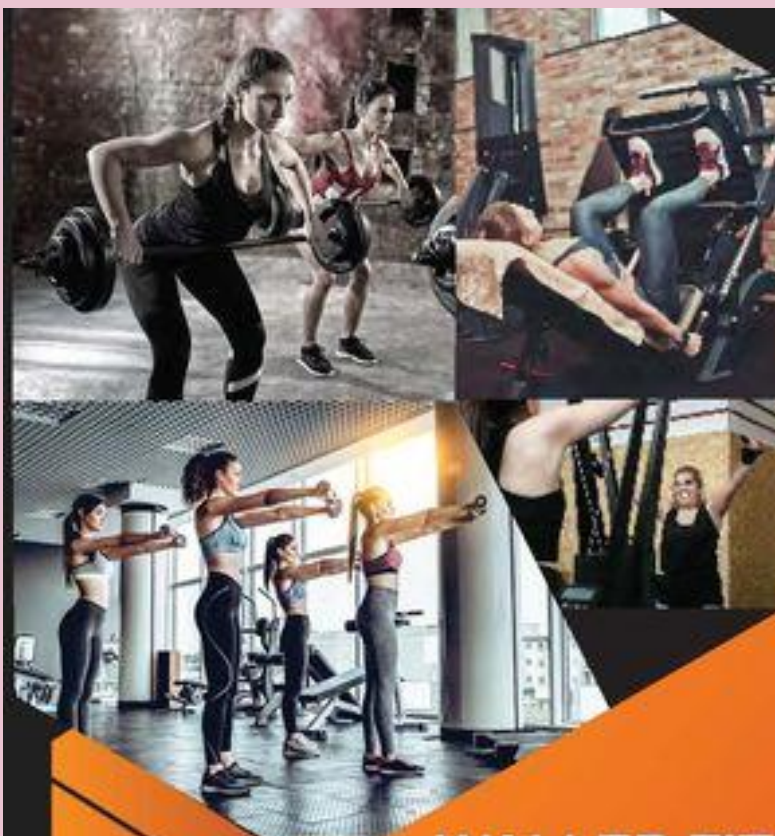
(719) 526-2742

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**First Saturday
Of the Month**

8:30-9:30 a.m.

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

**\$3 per class
First Class Free**

WALLER FITNESS CENTER

LADIES LIFT



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

Questions? Call 526-2742

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Do you need more time to complete your project?

AUTO SKILLS SUPER SATURDAYS!



This event will coincide with the Federal Holiday if that month has one or we choose a day for this event to occur.

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Come Consign Your Crafts on Fort Carson at **TUMBLEWEEDS AT THE MOUNTAIN POST**

If you are Active Duty, a Military Spouse
or Dependent, Retiree 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.

Tumbleweeds

Keep up to date with local events and deals with the



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OCTOBER *evening*

MON TUE WED THU FRI SAT SUN

30 	31 Tumbleweeds SHOPPING HOURS 11-2					1
2 	3 Tumbleweeds SHOPPING HOURS 11-2	4 STORY TIME CRAFT WHERE THE WILD THINGS ARE 11-12 	5 Tumbleweeds SHOPPING HOURS 11-2	6 Tumbleweeds SHOPPING HOURS 11-2	7 October Fest 11-2 	8
9 	10 Tumbleweeds SHOPPING HOURS 11-2	11 Tumbleweeds SHOPPING HOURS 11-2	12 Tumbleweeds SHOPPING HOURS 11-2	13 FALL GLASS PAINTING 6-8 	14 FESTIVAL ART IN THE PARK @ IRON HORSE 10-2 	15
16 	17 Tumbleweeds SHOPPING HOURS 11-2	18 Tumbleweeds SHOPPING HOURS 11-2	19 Tumbleweeds SHOPPING HOURS 11-2	20 Tumbleweeds SHOPPING HOURS 11-2	21 KIDS CAN PAINT 10:30-2 CROCHET PUMPKINS 12-2 	22
23 	24 Tumbleweeds SHOPPING HOURS 11-2	25 Tumbleweeds SHOPPING HOURS 11-2	26 Tumbleweeds SHOPPING HOURS 11-2	27 DATE NIGHT CRAFT PUMPKIN PAINTING 6-8 	28 Tumbleweeds SHOPPING HOURS 11-2	29

USO Colorado

Keep up to date with local events and deals with the



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OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	LUNCH TIME	5	6	7
8	9	10	LUNCH TIME	12	13	14
15	16	17	LUNCH TIME	19	20	21
22	23	24	LUNCH TIME	26	27	28
29	30	31				

Frightful Fridays
Fri 10/6
 Virtual Pet Costume Parade
Fri 10/13
 Family Monster Mash
Fri 10/20
 Spouses Spooky Craft
Fri 10/27
 Haunted House
Tues 10/31
 Trunk or Treat and Chili Cook Off
 10/9 Indigineous Peoples Day
 10/18 Heroes in Homes
 10/26 Day of Deployed Dinner
 Fueling the Forces
 10/11 Golden Grill
 10/31 Texas Roadhouse



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Join us for a

POKÉMON

TRADING CARD GAME

Spooktacular Store Event!
at your Ft. Carson Main Exchange

Saturday Oct. 7, 2023

1100 - 1300



EXCHANGE

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FT CARSON MCSS GRAND OPENING! BOOK SIGNING EVENT

Wed 11 Oct, 0900–1400



CSM (R) Mark Gerecht author of **The Mentor**

Everything you need to know about leadership and counseling and MUCH MORE!

Mark is a Retired Command Sergeant Major with 26 years of military leadership experience. He held 3 military occupational specialties (Field Artillery, Nuclear Weapons Tech, and Ammunition Ordnance). Mark is an Army Ordnance Corps Hall of Fame Inductee, an inductee into the Sergeant Morales Leadership Club, and honorary inductee

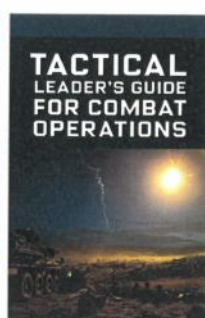
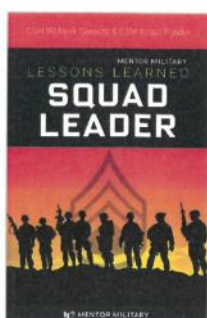
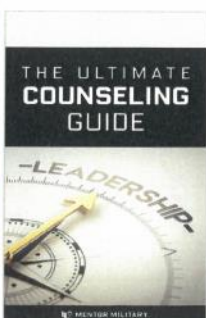
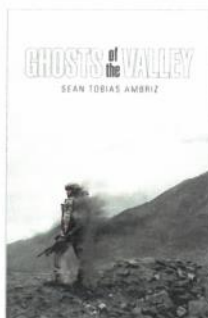
into the Sergeant Audie Murphy Leadership Club. He is one of the leading military authors in the fields of leadership, counseling, tactics, and training. He has written and / or coauthored a total of 31 professional development products. He is the Host of the YouTube Channel Mentor Military and the host of AskTOP.net.



& MSG Sean Ambriz author of **Ghosts of the Valley**

Sean is a Master Sergeant currently serving as the Provost Sergeant at Fort Carson. He is military police Soldier. He deployed twice to Afghanistan and is a double recipient of the Bronze Star for Valor. His previous positions include First Sergeant, Platoon Sergeant, and Squad leader. He authored Ghosts of the Valley

detailing his deployment to Afghanistan and the loss of his platoon leader. He is the coauthor of Lessons Learned Platoon Sergeant. Sean recently earned a Bachelor's Degree in Homeland Security and is working towards his Master's Degree in Homeland Security.



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WELCOME HOME WARRIOR FAMILY RETREAT

NO COST retreat for Active Duty, Veterans, and their families



NOVEMBER 3-5, 2023

Golden Bell Camp

380 County Road 512, Divide, Colorado 80814



Fun for the whole family!

Quality time together and help to reconnect!

- Daily optional activities for the whole family
- Campfire with S'mores
- Pool / Swimming, Zipline, Climbing Wall & Hiking
- Daily Group Activities
- Childcare provided with supervised activities
- Classes for couples
- Special groups for children and teens
- Meals, snacks, and large rooms included

Provided by Mt. Carmel Veterans Service Center and Regis University

For information and reservations email: kbelaire@mtcarmelcenter.org

Veteran/Military families with children between the ages of 4 and 18 are welcome!

REGIS UNIVERSITY



719.309.4758

Colorado Springs | Pueblo | Fountain | Trinidad

VeteransCenter.org

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uchealth

VA



RESILIENCE AND WELLNESS SUMMIT

COURAGE, COMPASSION AND CONNECTION

FRIDAY, NOVEMBER 3RD, 2023
8:00AM-4:00PM

Purpose: Bringing the community together to acquire health and wellness skills.

This community event will include presentations, group discussions and resource information for community organizations.

Event Location:

The Antlers a Wyndham Hotel
4 S. Cascade Ave,
Colorado Springs, CO 80903

Open to Military, Veterans, First Responders and their Families plus, the Community



If you are interested in sponsorship or hosting an exhibit table for resources, please contact Russ Laney at 719-661-2593 or teamprinciples14@gmail.com



719-772-7000 | VeteransCenter.org

Reservations required
Free Admission
Scan to register ➔



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Legal Resource Day



OCTOBER 27, 2023

9 a.m. - 2 p.m.

El Paso County Combined Court
270 S. Tejon St.

Colorado Springs, CO 80903

9–9:15 a.m.: Welcome and Opening Remarks
Jury Room W113

ATTEND FREE SESSIONS AND LEARN ABOUT:

Session 1 9:30—10:30 a.m.	Session 2 11 a.m.-12 p.m.	Lunch (on your own)	Session 3 1-2 p.m.
Eviction 101 "Basics of the Eviction Process for Landlords and Tenants"	Small Claims 101 "How to File a Small Claims Case and What to Expect in Court"		Debt Collection "Basic Collection Methods and Protections from Garnishments"
Guardianship "An Overview of the Process and how to be an Effective Guardian"	Probate "Settling an Estate when Someone Has Passed Away"		How to Present Your Case "Presenting Evidence and Questioning Witnesses"

Meet a Lawyer

20 minute appointments are available to speak with an attorney in the areas of family law, probate, and civil (money cases, landlord/tenant, small claims).

9 a.m. – 2 p.m.

Sessions are free

For more information or questions, please visit the Self-Help Center of the courthouse (Room S116), call 719-452-5560 or 719-452-5561, or email 04SelfHelp@judicial.state.co.us

Sponsored by:

Register: www.justicecentercos.org/lrd or scan the QR code below:



Access to
Justice
Committee

Community vendors on-site to provide information about local resources and services.

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Día de Recursos Legales



**27 DE OCTUBRE
DE 2023**

9 a.m. a 2 p.m.

**Tribunal de condado y distrito del
condado de El Paso**

270 S. Tejon St.

Colorado Springs, CO 80903

9 a 9:15 a.m.: Bienvenida y comentarios de apertura

Sala del jurado W113

ASISTA A SESIONES GRATUITAS Y APRENDA SOBRE:

Sesión 1 9:30 a 10:30 a.m.	Sesión 2 11 a.m. a 12 p.m.	Almuerzo (por su cuenta)	Sesión 3 1 a 2 p.m.
Desalojos 101 "Información básica sobre desalojos y asuntos entre propietarios e inquilinos"	Demandas de menor cuantía 101 "Información básica sobre cómo presentar una demanda de menor cuantía y qué esperar en el tribunal"		Cobro de deudas "Información básica sobre métodos para cobrar deudas y protecciones en contra de embargos"
Tutelas "Una visión general del proceso y cómo ser un tutor eficaz"	Planificación sucesoria "Resolución de la sucesión cuando fallece una persona"		Cómo presentar su causa legal "Presentación de pruebas e interrogatorios a testigos"

Consultas con un abogado

Habrán citas de 20 minutos para hablar con
un abogado acerca de las áreas de derecho
de lo familiar, causas sucesorias y civiles
(causas monetarias, asuntos entre inquilinos
y propietarios, y demandas de menor
cuantía).

9:00 a.m. a 2:00 p.m.

Sesiones gratuitas

Para más información o
preguntas, visite el Centro de
Recursos Judiciales del tribunal
(Sala 5116), llame al 719-452-5560
o 719-452-5561 o por correo
electrónico
04SelfHelp@judicial.state.co.us

Patrocinado por:

Inscríbese en:
www.justicecenters.org/lnl
O escanee el código QR



**Comité de
Acceso a la
Justicia**

**Se contará con proveedores de la comunidad que ofrecen
información sobre recursos y servicios locales.**

Keep up to date with local events and deals with the



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**TAP COMBINED MINI HIRING EVENTS
& RESOURCE FAIRS**

**MEET OVER 50 EMPLOYERS,
RESOURCES & CSP PARTNERS!**

October 12th, 2023

January 18th, 2024

April 25th, 2024

June 20th, 2024

August 29th, 2024

Elkhorn Conference Center (ECC)
1725 Woodfill Road, Building 7300
Fort Carson, CO
0900-1200

EMPLOYERS , RESOURCES AND CSP PARTNERS MUST REGISTER WITH THE TAP CENTER.

NO EXCEPTIONS! JOBSEEKER REGISTRATION IS NOT REQUIRED.



Keep up to date with local events and deals with the



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RECRUIT **MILITARY**

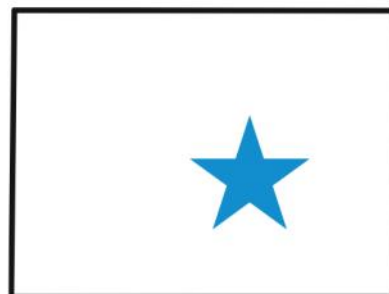
MILITARY COMMUNITY HIRING EVENT

Local, statewide, national, and remote opportunities will be available.

COLORADO SPRINGS

BROADMOOR WORLD ARENA
3185 VENETUCCI BLVD
COLORADO SPRINGS, CO 80906

THURSDAY, OCTOBER 5, 2023
11AM - 3PM MT



SCAN QR CODE TO REGISTER

rmvets.com/COSP1023FLYER

CAREER OPPORTUNITIES

GOVERNMENT
MANAGEMENT / SUPERVISION
TRANSPORTATION / LOGISTICS
PROJECT MANAGEMENT
INFORMATION TECHNOLOGY
HUMAN RESOURCES
HEALTHCARE
...AND MORE INDUSTRIES!

4-7

interviews conducted
on average by each
attending organization

2

offers extended on
average by each
attending organization

~300K

jobs available
exclusively at
RecruitMilitary.com

Employment service provider of choice to the U.S. Army. No Federal or DoD endorsement implied.

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MILITARY ARTS CONNECTION

- » POTTERY
- » PAINTING
- » SEWING
- » MUSIC
- » PHOTOGRAPHY
- » AND MORE!

MAC IS BACK

Military Arts Connection (MAC) is a local resource that provides free artistic and creative Experiences for military community members living in the Pikes Peak region (El Paso or Teller counties). Art Experiences are provided by local artists who are specially trained to work with the military community. The program is available to active duty service members from all branches, veterans of all generations, and any dependents of local military families.

FREE ART EXPERIENCES FOR:

★
ACTIVE DUTY
MEMBERS

★
VETERANS

★
MILITARY
FAMILIES



Scan the code or visit the website to explore the menu of experiences.

MilitaryArtsConnection.org



COPPER
CULTURAL OFFICE
OF THE PIKES PEAK REGION

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LET'S SHARE THE WARMTH

COAT DRIVE

Now - Oct. 5, 2023

HELP US WITH THIS WORTHY CAUSE
BY DONATING WINTERWEAR &
VOLUNTEERING AT THE GIVEAWAY!

Giveaway on

OCT. 25, 2023

9:30 A.M. - 1:30 P.M.

WILLIAM REED

SPECIAL EVENTS CENTER



For more info:

ww.ftcarson.1045@gmail.com

**Giveaway is for Active Duty military personnel and their family*



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Fort Carson Department of Public Health Supports YOU!



HIV PrEP and STI Services in Your Community



The Fort Carson Department of Public Health has a confidential clinic that offers STI & HIV testing and HIV PrEP medical management. We make it easy for you to get the supported care for your LGBTQ needs! Please call to schedule an appointment—719-526-9929



NEW *walk-in* hours:
Monday—Friday
0730-1100 @ Fort
Carson Dept. of
Public Health

Resources/Recursos for LGBTQ needs:

Mental Health— Military One Source 800-342-9647, in CRISIS text 838255, FREE resource 866-615-6464

Advocacy— Salud Family Health Centers 303-444-6121

STI/HIV Testing Centers— El Paso County, CO Health Department 719-575-8500

Support Centers— Colorado Health Network, 719-578-9092

Fort Carson Public Health— 719-526-9929, 719-524-4156

La Gente Program at Servicios de la Raza— 303-953-5902

Veteran Affairs (VA) Mental Health Resource— 800-799-4889

Youth or Pediatric HIV/STI resources— visit Children's Hospital Colorado, Parent support program at www.childrenscolorado.org/aboutHIV-prevention.org or call 800-624-6553

Servicios de PREP y ITS para el VIH en su comunidad



Fort Carson, CO

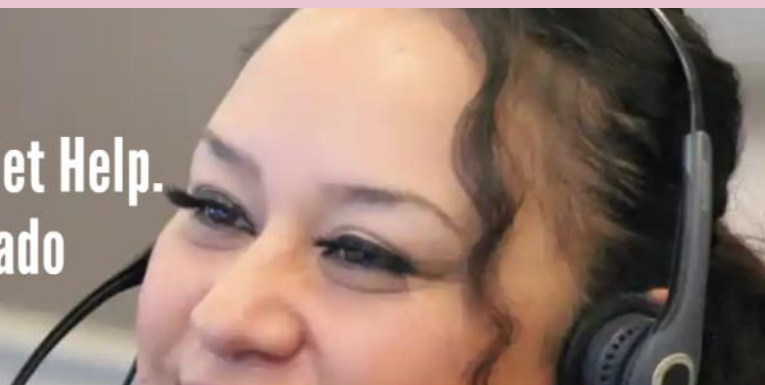


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2-1-1 Colorado
Get Connected. Get Help.
Serving all Colorado
communities.



CONNECT TO HELP WITH

**MENTAL HEALTH,
EMPLOYMENT,
COUNSELING,
RENT ASSISTANCE,
TRANSPORTATION,
ADDICTION,
CHILD CARE,
PARENTING...**

THOUSANDS OF RESOURCES.
ONE CALL.

2·1·1

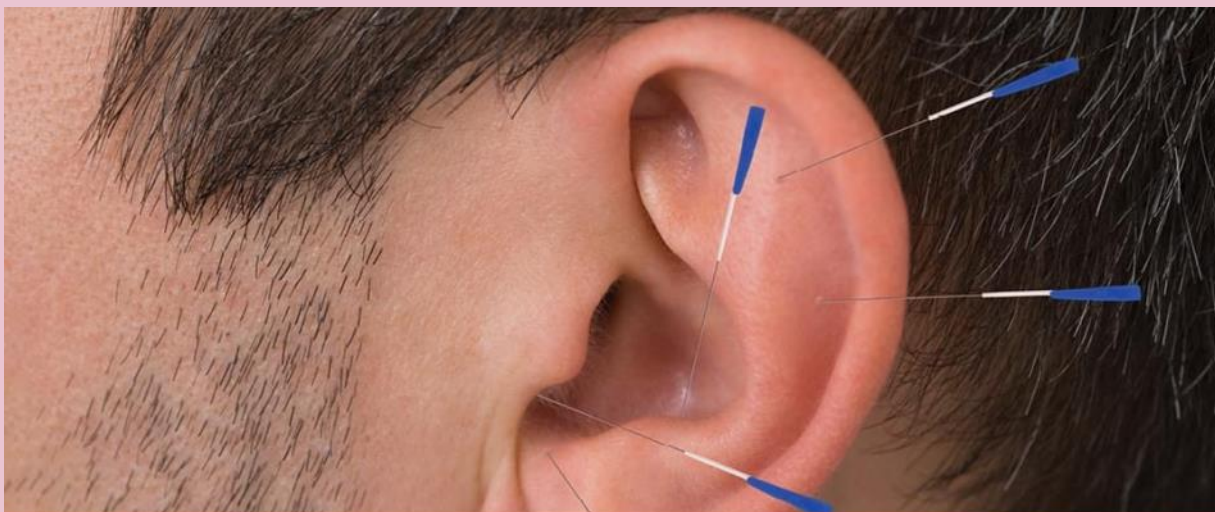
Get Connected. Get Help.™

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**COMMUNITY
NEWSLETTER**



FREE ACUPUNCTURE TREATMENTS

(AcuDetox)

**15-minute sessions weekly on
Tuesdays beginning July 11**

Walk-in sessions vs. pre-scheduled but
please call 719-309-4758 to confirm availability
on the day you wish to have a session.



- ★ **Ease Cravings & Withdrawal Symptoms**
- ★ **Reduce Stress & anxiety**
- ★ **Improve Sleep**
- ★ **Alleviate Aches & Pains**

Keep up to date with local events and deals with the



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Be Herd Wellness Group

Open to the public at NO-COST for people to find connection and community among StableStrides' herd of therapy horses.



nami
National Alliance on Mental Illness

Colorado
Springs

STABLESTRIDES

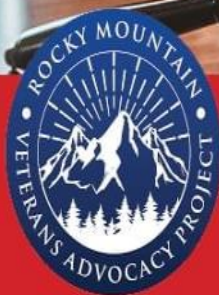
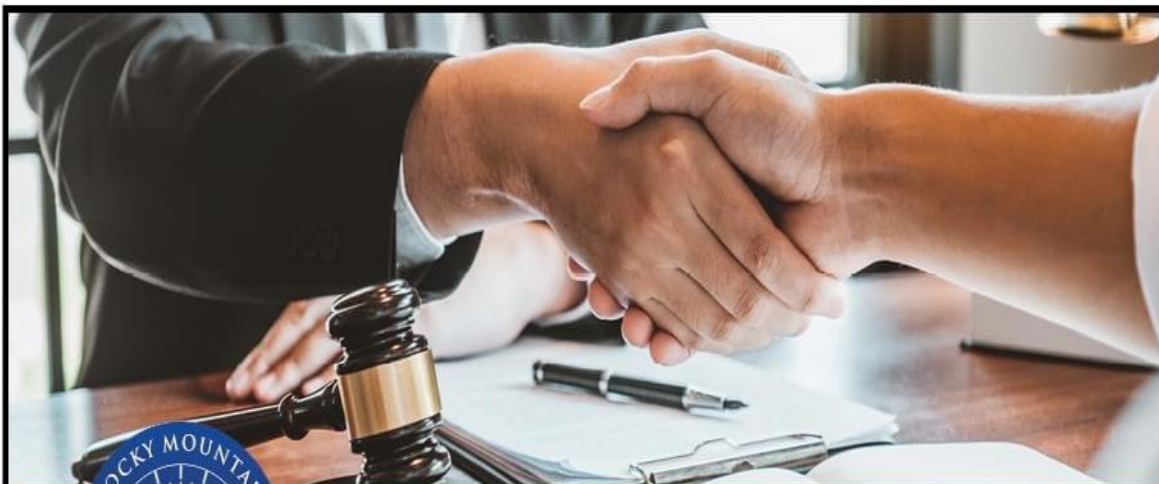
HEALTH & HEALING THROUGH HORSES



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ARE YOU A MILITARY SERVICE MEMBER OR VETERAN?

Rocky Mountain Veterans Advocacy Project
is here to provide legal advocacy services to assist with:

- VA disability benefit compensation cases
- Board of Veterans' appeals
- Court of Appeals for Veteran Claims
- Discharge Upgrade Cases
- Family Law, Wills, Trusts and Estates
(* Dates Available)

- ~~July 14~~
- ~~August 11~~
- ~~August 25*~~
- ~~September 8~~
- ~~September 22*~~
- October 13
- October 27*
- November 17*

Our licensed attorneys are here to help.

Visit us at Mt Carmel Veterans Center, Fridays 10am - 2pm

Or visit us at RMVAP.org | 720-253-0963



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Yoga

An indoor yoga session to
help you decompress



All skill levels welcome



The 4th Saturday of each month from 8:30am-9:30am

Led by yoga guide Jess Chamberlain, yoga lets
participants draw inspiration from their
hardships to deepen their practice.

Call 719-573-7447 go to www.pikespeaksuicideprevention.org to register

Keep up to date with local events and deals with the



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Suicide Loss Grief Group

"Understanding your Suicide Grief"

Tuesdays 6pm-730pm
(starting August 29th, 2023)

This is a 12 week, closed group, for ages 18+. Pre-registration is required. Please call (719) 573-7447 or email cass@pikespeaksuicideprevention.org.



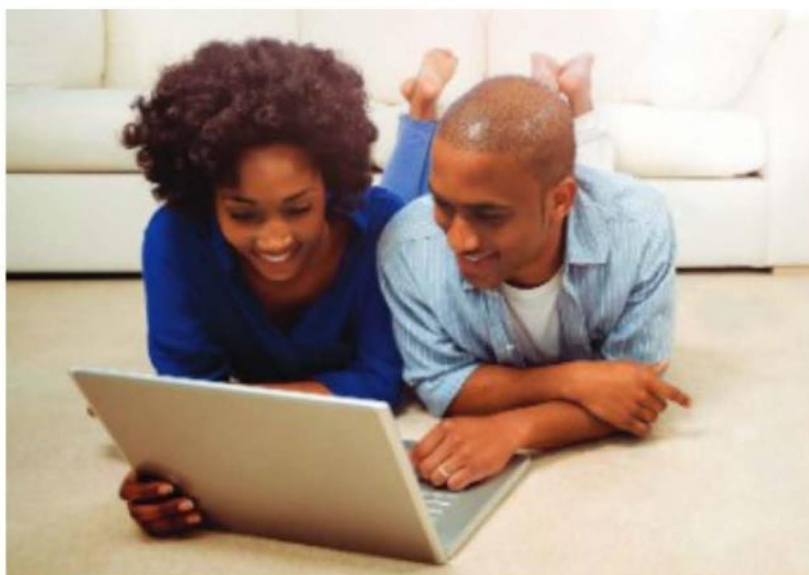
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MHS GENESIS Patient Portal

Modern. Secure. Connected.



Come join us for our monthly MHS Genesis Patient Portal training and Q&A sessions available to all EACH staff and beneficiaries.

LOCATION:

Evans Army Community Hospital
Barton K. George Hall (BKG) Room 1018

DATES/TIMES:

~~Jul 31, 2023 1200-1300~~
~~Aug 28, 2023 1200-1300~~
~~Sep 11, 2023 1200-1300~~
Oct 09, 2023 1200-1300
Nov 27, 2023 1200-1300
Dec 11, 2023 1200-1300

A NEW WAY TO MANAGE YOUR HEALTH

- DS Login Process
- Patient Portal Features such as exchange secure messages, schedule appointments, request prescription renewals, access notes, labs, and medications, and completing forms online before scheduled appointments.
- Update medical history information such as medications, allergies, and etc. as needed by using Clipboard.

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The Steven A. Cohen
Military Family Clinic
at Red Rock



RESOURCES AND REFRESHMENTS

3RD TUESDAY OF THE MONTH

5:00 PM – 6:00 PM

Military connected and free to attend!

Join us on the 3rd Tuesday of the month in our community room for socializing and snacks while connecting with others and learning about resources available in the community for veterans and individuals transitioning out of service.



THE STEVEN A MILITARY FAMILY CLINIC AT RED ROCK
1915 AEROTECH DR STE 114 COLORADO SPRINGS, CO 80916



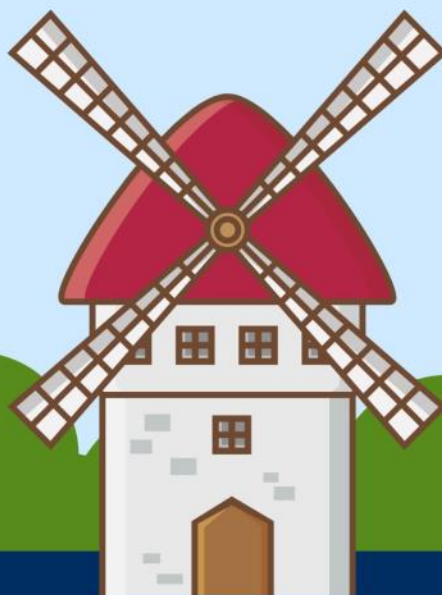
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The Steven A. Cohen
Military Family Clinic
at Red Rock



MILITARY CONNECTED PLAY FREE

MINI GOLF TUESDAYS

1ST TUESDAY OF EACH MONTH

Location: Lost Island Mini Golf 1825
Dominion Way, Colorado Springs, CO 80918

Time: 5:00pm-6:30pm

Questions/RSVP: Abanovz@red-rock.com

Registration is highly encouraged

<http://bit.ly/CohenClinicCOGolf>



Keep up to date with local events and deals with the

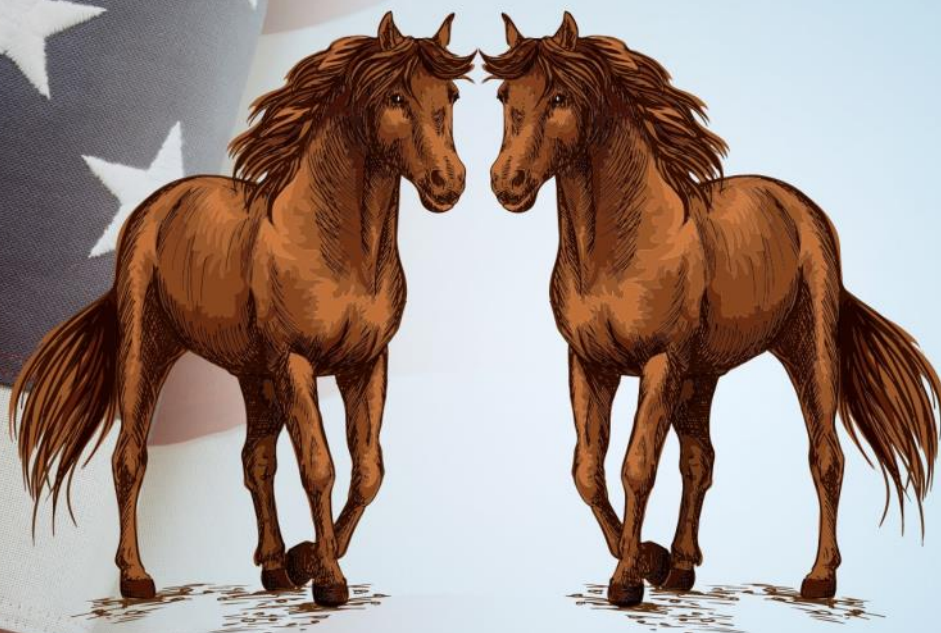


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4th Tuesday of the Month

🕒 9am - 11am

Equestrian Tuesdays



Military connected and free to attend!

Join us on the 4th Tuesday of the month at the USAFA Equestrian Center to enjoy a beautiful mountain setting and spend quality time with horses while connecting with other veterans and individuals transitioning out of service.

Location:

USAF Academy Equestrian Center 7067
Cottonwood Drive USAFA, Colorado 80840

Reach out to Alex with questions

Abanovz@red-rock.com

Registration is highly recommended



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**Help your kid
be exactly
who they are.**

No-cost, judgment-free
workshops for parents,
guardians, teachers,
social workers, and others!

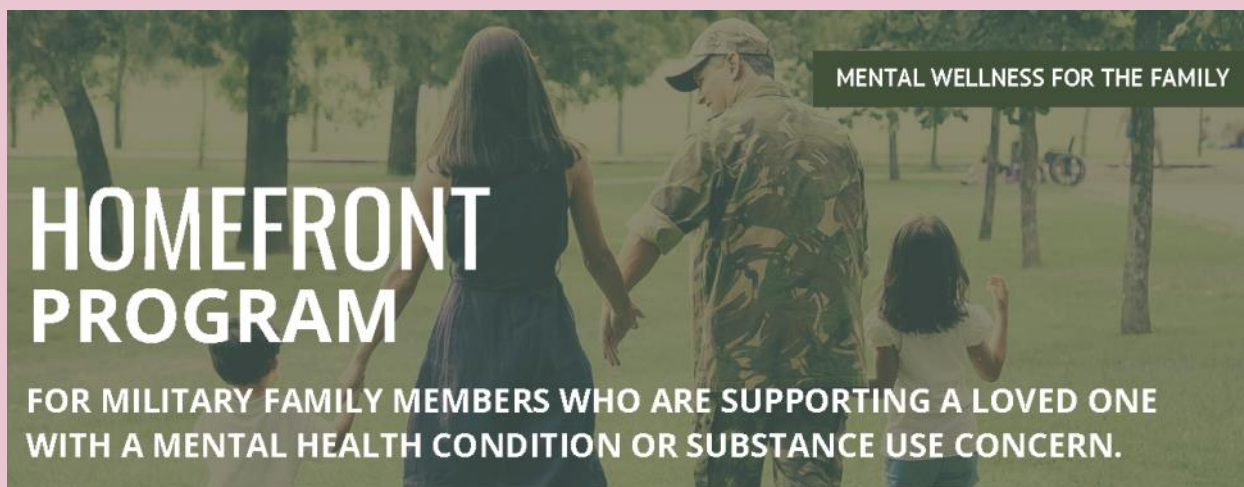
To learn more, visit
envision-you.org/q-is-for-questioning



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Mondays starting September 18, 6-8:30 p.m.

Downtown Colorado Springs*

*Exact location provided upon registration

NAMI Homefront is a **free**, 6-session educational program taught by family members who support loved ones with mental health conditions within a military family.

- 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 ME

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DIVERSUS HEALTH

WHEN & WHERE

220 RUSKIN DR.
COLORADO SPRINGS, CO 80910
8:30 a.m. to 4:30 p.m.
~~May 11 - 12, 2023~~

1795 JET WING DR.
COLORADO SPRINGS, CO 80916
8:30 a.m. to 4:30 p.m.
~~July 26 - 27, 2023~~
~~August 23 - 24, 2023~~
~~September 20 - 21, 2023~~
October 18 - 19, 2023
November 15 - 16, 2023

Grant funded.
12 CEUs available.
Registration required.

Applied Suicide Intervention Skills Training (ASIST)

This intensive two-day workshop teaches participants intervention skills to help a person who is having thoughts of suicide. It is beneficial in both professional and personal situations.

Participants will:

- Explore how personal beliefs about suicide impact an intervention.
- Learn how to connect with a person with thoughts of suicide, help the person discover their life connection, and support them as they and develop a safe-for-now plan.
- Thoroughly practice new skills in order to become more ready, willing and able to support life.

REGISTRATION



Email: karen.morgan@diversushealth.org
or covidresponse@diversushealth.org



diversushealth.org/outreach-program
(719) 299-2996



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SOCIAL SECURITY 101



"Understanding Your Social Security Benefits"

Classes are offered at no cost to provide information for people approaching retirement

Sessions cover many of the common retirement questions:

- * Eligibility for retirement,
- * How age affects retirement benefits, and
- * How work affects retirement benefits

Also discussed:

- * Spousal benefits,
- * Children's benefits,
- * Survivor benefits, and
- * A brief explanation of Medicare.

"It was a fact-filled presentation that would help others decide when to file for Social Security benefits. The presenter was very credible, not a financial planner winging his way through the complex Social Security rules!"

— 2021 Attendee Feedback

Register Online

www.ppacg.org/events

2023 Class Schedule

~~April 17~~

~~June 26~~

~~August 21~~

October 16

Each class runs from
4-5:30 p.m.

Social Security Administration

Helping you secure
today and tomorrow

Open a My Social Security
account today at
socialsecurity.gov/myaccount



Pikes Peak Area
Council of Governments
Communities Working Together

Pikes Peak Area Agency on Aging
(719) 471-2096 * www.ppacg.org

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Healthy Transitions Group

A group for Active Duty Service Members who may be in the transition process, questioning their gender identity, or seeking support and resources.

WHO: This group is appropriate for ADSM's in all phases of social or medical transition. This is an open group with ongoing admission.

WHERE: Mountain Post Behavioral Health Clinic, BLDG 1830, 6541 Specker Ave, Fort Carson, CO 80913

WHEN: 1st and 3rd Thursdays of every month, 1500-1630

Clinic Phone Number: 719-526-7155

For more information please contact Dr. Healey at (719)-524-5664 / Kellylynne.e.healey.civ@health.mil or Dr. Bergeron at (719)-524-3508 / Derek.p.bergeron4.civ@health.mil

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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



CPCD

giving children a head start

SUCCESS STARTS EARLY
EL ÉXITO COMIENZA TEMPRANO



**FREE
TUITION
PRESCHOOL**
PREESCOLAR GRATUITO



**FOR AGES
BIRTH TO 5**

**PARA EDADES
DE NACIMIENTO
A 5 AÑOS**



CPCDHEADSTART.ORG
719.635.1536

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SURVIVING THE STORM

SUICIDE LOSS GRIEF SUPPORT GROUPS

GROUP BY AGE

.....➔ ADULT GRIEF GROUP

Tuesdays 6-7:30pm

*This is a **closed** group that
requires PRE-registration

.....➔ TEEN GRIEF GROUP

Wednesdays 6-7:30pm

.....➔ KIDS GRIEF GROUP

Fridays 6-7pm

.....➔ HEARTBEAT SUICIDE LOSS SURVIVOR GROUP

Fridays 6-7pm

*This is an adult suicide loss grief group

All groups
are
FREE

Snacks
and drinks
provided

Registration
required



www.pikespeaksuicideprevention.org

info@pikespeaksuicideprevention.org



CONTACT US

719-573-7447

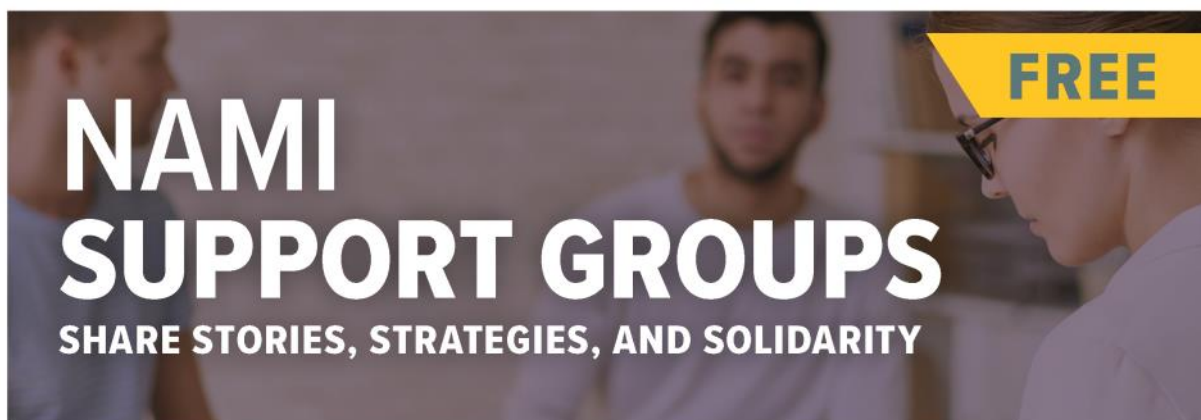
704 N Tejon St

Colorado Springs, CO, 80903

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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.