

Keep up to date with local events and deals with the



## PASS IT ON COMMUNITY NEWSLETTER

*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.*



04 May 2022

### A HAND-UP FOR SOLDIERS

AER is your tool in times of need. Talk to your chain of command or local AER Officer if you need help.

Stand with your squad and make a monthly or one-time contribution gift to the Army's own charity.

[Donate today by clicking here!](#)



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- [Surrounding Military Installations News](#)

Give us a call at (719) 526-4590  
Visit our webpage at: [carson.army.mil/ACS](mailto:carson.army.mil/ACS)



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As the U.S. Army's only official nonprofit, AER is proud to support Soldiers making the transition to civilian life.

This new category of assistance can help more than 3,000 Soldiers pursue the next step in their careers and during a pandemic, where any transition can be an especially difficult one.

**The AER Campaign has been  
EXTENDED to June 30, 2022!**

To learn more about how AER can help you, visit our Army Community Service, Army Emergency Relief webpage

**[HERE!](#)**

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### Mesa Elementary School End of School Field Day

When: May 25, 2022

7am to 3pm, 7-10:30am or 12noon-3pm Shifts Available

Where: 400 Camino Del Rey, Fountain

Volunteer Opportunity:  
Staff Field Day Stations

Direct Points of Contact: Donna Sabala [dsabala@ffc8.org](mailto:dsabala@ffc8.org),  
Jenna White [jwhite@ffc8.org](mailto:jwhite@ffc8.org) or Ashley at 719.382.1370

For questions on tracking volunteer service hours thru  
VMIS, contact: AVC Office: 719.526.1082

For more volunteer opportunities & resources, visit:  
[www.carson.armymwr.com/programs/army-volunteer-corps](http://www.carson.armymwr.com/programs/army-volunteer-corps)

 **volunteers  
needed**



The Army Volunteer Corps (AVC) offers volunteer opportunities on and off Fort Carson, and in our community.

Fort Carson is home to more than 6,000 volunteers, contributing nearly 200,000 hours annually. This selfless service is equivalent to \$4 million in workforce cost & support.

To reach the Army Volunteer Corps program, click [here](#) to email us or call 719-526-1082/8303.



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## Town of Monument Party for the Parks

When: July 16, 2022  
1:00-9:00pm

Where: 645 Beacon Lite Rd., Monument, CO 80132

Volunteer Opportunity: Parking Attendants

Direct Points of Contact: Portia Hermann at 719.352.1259 / phermann@tomgov.org or Madeline VanDenHoek at 719.963.1524 / mvandenhoeck@tomgov.org

For questions on tracking volunteer service hours thru VMIS, contact: AVC Office: 719.526.1082

For more volunteer opportunities & resources, visit:  
[www.carson.armymwr.com/programs/army-volunteer-corps](http://www.carson.armymwr.com/programs/army-volunteer-corps)

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# Army Community Service Upcoming Classes

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2DATE	CLASS	TIME
<b>May 10th</b>	<a href="#">Cooperative Parenting and Divorce Class</a>	9 am - 1 pm
	<a href="#">Infant Massage &amp; Baby Nurturing</a>	9:30 am - 11 am
	<a href="#">Baby Orientation</a>	10 am - 11:30 am
	<a href="#">SFRG Informal Funds Custodian Training</a>	10 am - 11:30 am
	<a href="#">Center on Fathering</a>	1 pm - 3 pm
	<a href="#">SFRG Key Contact Training</a>	1 pm - 2:30 pm
	<a href="#">Heartbeat</a>	6:15 pm - 8 pm
<b>May 11th</b>	<a href="#">Nurturing Infants to 5 Years</a>	9:30 am - 11:45 am
	<a href="#">Financial Strength Budgeting 101</a>	10 am - 11 am
	<a href="#">Nurturing 3 to 12 Years</a>	5:30 pm - 7:45 pm
<b>May 12th</b>	<a href="#">Toddler Time</a>	9:30 am - 11 am
<b>May 13th</b>	<a href="#">Annual Troop Training for Domestic Violence Prevention</a>	10 am - 11 am
	<a href="#">Play Group</a>	10 am - 12 pm
<b>May 15th</b>	<a href="#">EFMP 101 Sessions</a>	11 am - 12 pm
<b>May 17th</b>	<a href="#">Boot Camp for New Moms</a>	9 am - 12 pm
	<a href="#">Everyday English for Foreign Born Spouses</a>	9:30 am - 11:30 am
	<a href="#">Infant Massage &amp; Baby Nurturing</a>	9:30 am - 11 am
	<a href="#">Center on Fathering</a>	1 pm - 3 pm
<b>May 18th</b>	<a href="#">Nurturing Infants to 5 Years</a>	:30 am - 11:45 am
	<a href="#">Nurturing 3 to 12 Years</a>	5:30 pm - 7:45 pm
<b>May 19th</b>	<a href="#">Toddler Time</a>	9:30 am - 11 am
	<a href="#">SFRG Resource Overview</a>	1 pm - 2 pm
	<a href="#">Latino Meet-Up</a>	2 pm - 4pm

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



# Army Community Service Upcoming Classes

Keep up to date with local events and deals with the



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DATE	CLASS	TIME
<b>May 20th</b>	<a href="#">Play Group</a>	10 am - 12 pm
	<a href="#">Mountain Post Welcome for Spouses and Families</a>	10:30 am - 11:30 am
<b>May 23rd</b>	<a href="#">Mindful Mondays Playgroup</a>	10:30 am - 11:30 am
<b>May 24th</b>	<a href="#">Infant Massage &amp; Baby Nurturing</a>	9:30 am - 11 am
	<a href="#">Sole Parenting Group</a>	12 pm - 1 pm
	<a href="#">Center on Fathering</a>	1 pm - 3 pm
<b>May 25th</b>	<a href="#">Nurturing Infants to 5 Years</a>	9:30 am - 11:45 am
	<a href="#">SFAC Transition and Medical Retirement Brief</a>	10 am - 11 am
	<a href="#">Homebuyers Workshop</a>	1 pm - 4 pm
	<a href="#">Volunteer, VMIS and OPOC Training</a>	1:30 pm - 3 pm
	<a href="#">Nurturing 3 to 12 Years</a>	5:30 pm - 7:45 pm
<b>May 26th</b>	<a href="#">Toddler Time</a>	9:30 am - 11 am
<b>May 27th</b>	<a href="#">Play Group</a>	10 am - 12 pm
<b>May 31st</b>	<a href="#">Infant Massage &amp; Baby Nurturing</a>	9:30 am - 11 am
	<a href="#">Center on Fathering</a>	1 pm - 3 pm
<b>June 1st</b>	<a href="#">Command Family Readiness Representative (CFRR) Academy</a>	9:30 am - 4:30 pm
	<a href="#">Nurturing Infants to 5 Years</a>	9:30 am - 11:45 am
	<a href="#">EFMP 101 Sessions</a> (Via Facebook)	11 am - 12 pm
	<a href="#">Nurturing 3 to 12 Years</a>	5:30 pm - 7:45 pm
<b>June 2nd</b>	<a href="#">Command Family Readiness Representative (CFRR) Academy</a>	9:30 am - 4:30 pm
	<a href="#">Toddler Time</a>	9:30 am - 11 am
	<a href="#">Thrift Savings Plan (TSP) Class</a>	1 pm - 2 pm
	<a href="#">Latino Meet-Up</a>	2 pm - 4 pm

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

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The Exceptional Family Member Program (EFMP) provides comprehensive support to Family Members with Special Needs. EFMP takes an all-inclusive approach to coordinate Military and Civilian Community, Educational, Medical, Housing & Personnel Services to help Soldiers & their Families with Special Needs. An Exceptional Family Member is a Family Member with any Physical, Emotional, Developmental, or Intellectual Disorder that requires Special Treatments, Therapy, Education, Training, and/or Counseling.

Every 1<sup>st</sup> of each Month the EFMP Department at ACS is hosting an EFMP Overview Session regarding all of the Services the program offers to Military Families. We invite you to attend our Facebook Page for Our EFMP 101 Sessions:

<https://www.facebook.com/FortCarsonEFMP>

Army Community Service – Annex  
1481 Titus Blvd., Building 7492  
Fort Carson, CO 80913  
(719) 526-0400

EFMP Resource Department Email Address:

[Usarmy.carson.imcom-fmwrc.list.dfmwr-w-acb-exceptional-fam-mbr@mail.mil](mailto:Usarmy.carson.imcom-fmwrc.list.dfmwr-w-acb-exceptional-fam-mbr@mail.mil)

Visit the EFMP webpage [HERE!](#)



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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](#)



### FORT CARSON EMPLOYMENT READINESS

## WHAT ARE SOFT & HARD SKILLS?

#### RESUME TIPS

What are hard and soft skills? What is the difference and why should I care?

Hard skills and soft skills are equally valuable. Do you know how to showcase them on your resume? See some examples below:

#### HARD SKILLS

- Languages
- Computer Skills
- Forklift Operation

Hard Skills are mandatory for some jobs. These skills make you qualified for the position.

These are skills you earn through education and/or training.

#### SOFT SKILLS

- Team Player
- Organized
- Attention to Detail

Your soft skills define the type of person you are to work with.

Most jobs require customer service/care skills. Don't only tell an employer, show them you possess these skills through your resume.

#### WHAT TO DO:

Take out your resume and give it another look, make necessary adjustments, and forward to an Employment Readiness Specialist for review.

Call: 719.526.0452



Need help building your resume?  
Reach out to our Employment Readiness Program  
at (719) 526-0452.



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**Did you know our Financial Readiness Program Page has a ton of financial and helpful links like:**

[Thrift Savings Plan](#)

[U.S. Savings Bonds](#)

[Office of Financial Readiness](#)

[Military OneSource](#)

[Office of Servicemember Affairs](#)

[Save and Invest](#)

[On Your Own:  
Money, Future, Life](#)

[Mortgage Qualification Example](#)

The poster features the ACS logo at the top, followed by the title 'Financial Readiness PROGRAM'. Below this is a bulleted list of services: Financial Counseling, Debt Management, Consumer Awareness, Army Emergency Relief, Financial Trainings and Seminars, and Credit Reports. At the bottom, there are three logos (U.S. Army, U.S. Marine Corps, and NWR) and the text 'Money Management Matters' and 'We help you reach your financial goals!'.

- Financial Counseling
- Debt Management
- Consumer Awareness
- Army Emergency Relief
- Financial Trainings and Seminars
- Credit Reports

**Money Management Matters**

We help you reach your financial goals!

Visit the FRP webpage [HERE!](#)

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## ARMY FAP SAFE SLEEP CAMPAIGN



# The ABC's of Safe Sleep



**Alone** in Their Sleeping Space

Alone means removing all items from baby's crib:

- ❌ Stuffed animals
- ❌ Loose blankets (swaddling is ok until your baby can roll over)
- ❌ Crib bumpers
- ❌ Anything that could increase risk of strangulation

### **Alone doesn't mean away.**

The risk of SIDS reduces by 50% for babies who sleep in the same room as their parent. Share your room with baby for at least their first six months.



Placed on **Back**



Always place baby on their back on a firm surface to sleep.



Asleep in **Crib**

Use a crib, bassinet, or portable crib that meets safety standards (See <https://www.cpsc.gov/SafeSleep>).

Never let baby sleep on a couch or sofa.

If baby falls asleep in their car seat, move them to their safe sleep spot at your destination.

## ARMY NEW PARENT SUPPORT PROGRAM

New Parent Support services are available to all eligible Families with child(ren) **prenatal to 3 years old**, whether they live on or off the installation.

NPSP services are voluntary and **designed to empower parents**, build on the strengths and skills of parents, include both parents and promote positive parenting practices.

NPSP-Home Visitors are Licensed Clinical Social Workers and Registered Nurses who provide a **range of educational services and support** to parents.

Please contact your installation **New Parent Support Program** for more information about safe sleep and the Army New Parent Home Visiting Program.

### New Parent Support Program

1481 Titus Blvd., Bldg. 7492  
Ft. Carson, CO 80913

(719) 526-0461

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



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# NEED TO TALK?

## Military & Family Life Counseling

Military & Family Life Counselors are here to provide help with the stress of military life at no cost.

Call an MFLC at  
(719) 526-4590

[www.carson.army.mil/acs](http://www.carson.army.mil/acs)



Did you know MFLCs work with families, individuals, couples, and children?

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.

Visit the MFLC webpage [HERE!](#)



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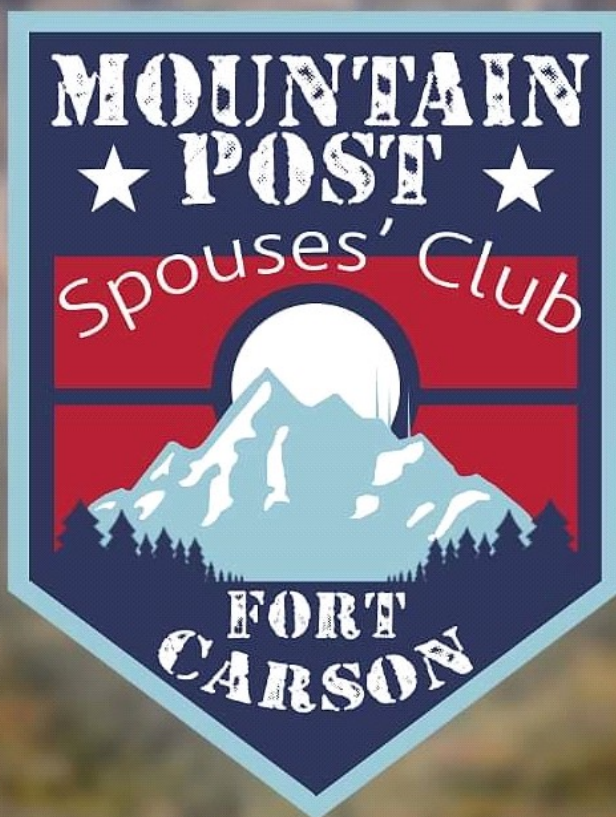


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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

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



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[Auto Skills Center](#)

[Army Community Service](#)

[Better Opportunities for Single Soldiers](#)

[Child and Youth Services](#)

[Community Events](#)

[Elkhorn Catering and Conference Center](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Schriever AFB MWR](#)

[Social & Dining](#)

[Specialty Services](#)

[Sports & Fitness](#)

[Tickets \(Leisure Travel Services\)](#)

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

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





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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

#### A.I.M. Education Center\*

10705 Trojan Point, Fountain

(Behind the district central office and FFCHS)

Tuesdays - Fridays, 9 a.m. - 2 p.m.

#### Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.

#### Welte Education Center

330 Lyckman Drive, Fountain

Thursdays, 3:30 - 5 p.m.



**CARE AND SHARE™**  
FOOD BANK FOR SOUTHERN COLORADO

Member of  
**FEEDING AMERICA**

\*If accessing the A.I.M. pantry location, please email Promis Bruno ([pbruno@ffc8.org](mailto:pbruno@ffc8.org)) to coordinate pick-up time and guarantee staff availability.

School pantry days of operation follow the school calendar.



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**Weekly Food Pantry Pick-ups**  
**Every Tuesday from 2pm - 6pm**  
**3219 S. Academy Blvd. Colorado Springs, CO 80916**



**Monthly Drive-Thru/Walk-Up**  
**Food Distribution on the 2nd Friday of**  
**every month behind the building.**  
**Line starts at 3:00pm for 4pm**  
**distribution. Ends at 6pm.**

Any questions please give us a call at (719) 985-8935

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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.

While you are visiting, check out the many other programs and services they have available, including their Marketplace Pantry, SET Clinic, and Hanifen Employment Center.

To learn more go to [CCharitiesCC.org](https://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 Mon, Wed, and Fri each week from 1:30 - 5:00 pm. You can call 719.866.6288 or email [pantry@ccharitiescc.org](mailto:pantry@ccharitiescc.org) to enroll and/or schedule an appointment. To see a video of what the pantry looks like and learn more about our 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) 387-1574**

**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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## *P* Intercessory *Prayer*



Every Thursday  
beginning at 11:30  
AM.

*Pray* WITHOUT  
CEASING

No Lunch will be  
provided.

For more information, please email [prussmanchapel@gmail.com](mailto:prussmanchapel@gmail.com)



## WEDNESDAY *Night* BIBLE STUDY

Begins at 6:00 PM  
Prussman Chapel  
Fellowship Hall

Sunday school is now combined with Wednesday Night Bible Study



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When: Saturday, 19 February  
Time: 9:00 AM

Where: Prussman Chapel, Fellowship Hall  
Getting contacted with Brothers in Christ!

**THURSDAY**  
— *Night* —

**Choir Rehearsal**

Join us!  
Rehearsal begins at 6:00 PM

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**Join us Every Sunday Morning at 1000**

**Welcome to  
Prussman Chapel**

**“Where everyone is someone  
and Christ is ALL”**



*Sunday Service*

Find them on FACEBOOK by searching  
[www.facebook.com/GospelService](http://www.facebook.com/GospelService)

Let them know what you think of chapel  
programs

[By Clicking HERE!](#)



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**U.S Army  
Fort Carson**



**Islamic Service**

**Jum'ah / Friday prayer**

**صلاة الجمعة**

**Time at 1315**

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

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

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

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

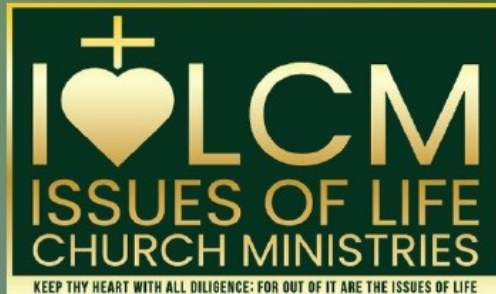
[Joshua.l.porter20@army.mil](mailto:Joshua.l.porter20@army.mil)

[Usa.ca@yahoo.com](mailto:Usa.ca@yahoo.com)

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**JOIN US**

**2022 Focus: TRANSITION TO TRANSFORMATION**

**10 am**

**SUNDAY MORNING WORSHIP**

**THURSDAY NIGHT BIBLE STUDY**

**6 pm**

**10 am**

**SATURDAY MORNING PRAYER**

(716) 427-1128 Access Code: 997460#

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

VISIT US @

ISSUESOFLIFECM.ORG

FACEBOOK/IOLCM

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



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## Spiritually **READY**

### WEDNESDAY FAMILY NIGHT

Nursery for infants

Free meal

Awana Club for kids

Eight adult classes

Find your community...

Every Wednesday



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

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

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

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

**SIGN UPS ARE OPEN!**

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

**CONTINUE**  
A Biblical Journey in Personal Discipleship



FINANCIAL *Peace*  
UNIVERSITY

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## CLUB BEYOND AT FORT CARSON

### “Where Military Teens Belong”

Club Beyond is an authorized program for middle school students at Fort Carson to experience community and grow in faith. Club combines **FUN, FRIENDS, GAMES, COMPETITIONS, PRIZES, VIDEOS, MUSIC, FOOD** .... AND DID WE MENTION **FUN?!!**



**Club Beyond meets every other Thursday afternoon from 3:25 to 4:20PM at Carson Middle School Room A205.**

For information and schedules of Club Beyond events, contact Will Sanborn at [wsanborn@clubbeyond.org](mailto:wsanborn@clubbeyond.org) or 402-910-1826

CLUB BEYOND IS A RECOGNIZED NON-FEDERAL ENTITY AND IT IS NOT PART OF THE DEPARTMENT OF DEFENSE AND HAS NO GOVERNMENT STATUS.



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# scholarships

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

## Military Family Member Scholarship Opportunities

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

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

[Freedom Alliance](#)

[Fisher House Foundation  
Scholarship Program](#)



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NEWSLETTER**



**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.**



# Fort Carson MWR — Better Opportunities for Single Soldiers

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Major BOSS Event

Quality of Life

Community Service

Life Skills

Recreation & Leisure

BOSS Office – The HUB

6371 Specker Ave  
Fort Carson, CO 80913

Bldg. 1532

(719) 524-0126

M-F 1000 – 1600

## MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 BOSS General Rep Meeting @ HUB 1300	5 *Study Board @ 1600-1730 HUB *Climbing Wall Orientation @ ODR 1800-2000 *No DUI at Double Tree 1900-2300 (404)	6	7 Outdoor Rock Climbing @ Garden of the Gods 0900-1300  Anime Club @ Grant Library @ 1400
8	9	10 MFLC Class Recovering from Divorce @ HUB 1145-1300	11 BOSS Executive Council Meeting @ HUB 1300	12 Study Board @ 1600- 1730 HUB Lead Climbing Clinic @ ODR 1800-2000	13 No DUI at Elkhorn (MEDDAC) 2100-2300	14 Paintball 0930 – 1130 @ American Paintball Coliseum
15	16	17	18 BOSS General Rep Meeting @ HUB 1300	19 Study Board @ 1600-1730 HUB	20	21 War Dog Memorial 5K
22	23	24	25 Auto Skills Class 1700-1800	26 Study Board @ 1600- 1730 HUB Crack Climbing Clinic @ ODR 1800-2000	27 Royal Gorge Bridge Trip 1000-1600	28 Outdoor Crack Climbing @ Turkey Rocks 0900-1600
29	30 HOLIDAY	31				

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# COLLEGE PREP WORKSHOP

The 3rd Thursday of the Month  
11:30 AM - 12:30 PM  
Fort Carson Ed Center, RM 304



Come learn what you need to start your college education!

## LEARN ABOUT:

- Admissions
- Degree Programs
- Scholarships
- FAFSA
- Military Transfer Credits

**Information applied to all schools!**

For more information contact us at:  
**ftcarson@uccs.edu or 719-526-8066**

**SCAN THE CODE OR  
VISIT THE LINK BELOW  
TO ENROLL:**



**SCAN ME**

<https://forms.gle/hpcSnvgpWxhhVksW5>



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

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



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

Employee Assistance Program

Prevention

Risk Reduction

Suicide Prevention

Drug Testing / Collecting

**Military Personnel, DOD Civilians and Retirees:**

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

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### CONQUER CHRONIC STRESS WITHOUT ALCOHOL

#### WHAT IS CHRONIC STRESS?



Stress that continues for weeks or months. If left unmanaged, it can put people at risk for serious physical and psychological health concerns.

Some may misuse alcohol to cope with chronic stress. Here's why this is an unhealthy choice for Service members:



#### DRINKING MORE?

Using alcohol to unwind is common for some people, but drinking more than usual may be a sign you're using alcohol for unhealthy reasons.



#### ANGRIER THAN USUAL?

Alcohol may briefly diffuse steam, but it could also heighten negative feelings, create more anxiety and lead to emotional distress.



#### TROUBLE SLEEPING?

One or two drinks before bed may make you fall asleep faster, but it can disrupt your sleep.



#### ISOLATING YOURSELF?

Reaching for a drink to numb emotions like sadness or loneliness may feel easier than reaching to a buddy. However, drinking can have the opposite effect and make you feel lonelier.



#### DIFFICULTY FOCUSING?

Alcohol stays in the body longer than you might think. On average, it takes one hour to break down one standard drink. If alcohol is in your body the day after drinking, it can affect your focus while on duty or when hanging out with others.

#### NEXT STEPS

If you're misusing alcohol to cope with chronic stress, learn about healthy alternatives with these resources:

- Own Your Limits' [Safe Ways to Chill the \[Bleep\] Out](#)
- MilitaryOneSource.mil resources on [emotional wellness and distress](#) and [non-medical counseling](#)

If you're concerned about your alcohol use, visit the "[Get Help](#)" section at [ownyourlimits.org](#) for support before drinking becomes a concern in your life. If you're experiencing signs of crisis, call the [Military Crisis Line](#) at 800-273-8255 (press 1) or text 838255.

**OWN YOUR LIMITS**  
SERVE HONORABLY.  
DRINK RESPONSIBLY.

[www.ownyourlimits.org](http://www.ownyourlimits.org)



US  
DEPT OF  
DEFENSE

**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**



**ASAP**  
ARMY SUBSTANCE  
ABUSE PROGRAM



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## Employee Assistance Program

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

### Professional Services

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

### Resources

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

[Suicide Prevention and Intervention Protocols Brochure](#)

[Working Remotely](#)

### For more information

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

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## Fort Carson Army Suicide Prevention Program

# You Are Not Alone

If you or someone you know needs help, please contact the National Suicide Prevention Lifeline.

Call **1-800-273-TALK (8255)** and press 1 for the Military Crisis Line.

TEXT: 838255

CHAT NOW



I NEED TO TALK TO SOMEONE NOW



I WANT TO HELP SOMEONE



I WANT TO BUILD RESILIENCE



I AM HAVING THOUGHTS OF SUICIDE

To learn more, visit the Army Resilience Suicide Prevention webpage [HERE](#)



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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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Fort Carson MWR

# ROCKY MOUNTAIN K9 CHALLENGE AND CONFERENCE

MAY 16-20

WAR DOG  
MEMORIAL SK  
AND VENDOR SHOW  
MAY 21

IRON HORSE PARK



VISIT [CARSON.ARMYMWR.COM](http://CARSON.ARMYMWR.COM) FOR MORE INFO.



More Events and Info at  
[carson.armymwr.com](http://carson.armymwr.com)



CarsonMWREvents  
CarsonDFMWR



@carsonmwr  
#CarsonMWR



Iron Horse Park  
6151 Elwell St  
Fort Carson, CO 80913



# Fort Carson MWR—Fitness Centers

## Waller FC Class Schedule

May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 0645-0730 Cycling (PT)	3 0645-0730 Cycling (PT) 1130-1230 Cycling 1730-1815 Barre	4 1130-1230 Cycling 1730-1815 Barre	5 0645-0730 Boot Camp (PT) 0900-1000 Barre 1130-1230 Cinco De Mayo Spin	6 0645-0730 Cycling (PT) 0900-1000 Barre	7 1215-1315 Mother's Day Barre
	9 0645-0730 Cycling (PT)	10 0645-0730 Cycling (PT) 1130-1230 Cycling 1730-1815 Barre	11 0645-0730 Cycling (PT) 1130-1230 Cycling 1730-1815 Barre	12 0645-0730 Boot Camp (PT) 0900-1000 Barre	13 0645-0730 Cycling (PT) 0900-1000 Barre	14 1230-1330 Family Boot Camp
15	16 0645-0730 Cycling (PT)	17 0645-0730 Cycling (PT) 1130-1230 Cycling 1730-1815 Barre	18 1130-1230 Cycling 1730-1815 Barre	19 0645-0730 Boot Camp (PT) 0900-1000 Barre	20 0645-0730 Cycling (PT) 0900-1000 Barre Fueling for Health (Sports Nutrition Class) 1130-1230	21 1215-1315 Cycling & Core
22 HONOR OUR FALLEN HEROES EVENT: STOP AT FRONT DESK TO GRAB YOUR CHAIN LINK	23 1200-1300 Sit-Up Challenge	24 0645-0730 Cycling (PT) 1200-1300 Push-Up Challenge 1730-1815 Barre	25 0645-0730 Cycling (PT) 1200-1300 Plank Challenge	26 0645-0730 Boot Camp (PT) 0900-1000 Barre 1200-1300 1000LB Challenge	27 TRAINING HOLIDAY 1200-2000	28 1215-1315 Barre
29 	30 MEMORIAL DAY	31 0645-0730 Cycling (PT) 1130-1230 Cycling 1730-1815 Barre				

PT Classes are Free

All other classes \$3 per class or \$30 for 10 plus bonus

Sign up at the Front Desk

Keep up to date with local events and deals with the



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**COMMUNITY NEWSLETTER**



## WALLER FITNESS CENTER

5TH MAY | 1130-1230



## Cinco De Mayo Spin



1 Hour Spin Class with Festive  
Music and Light Refreshments.  
\$3.00

Questions? Call (719) 526-2742



More Events and Info at  
[www.carson.armyMWR.com](http://www.carson.armyMWR.com)



CarsonDFMWR



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



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NEWSLETTER**

Cheyenne Mountain Shooting Complex

# Mother's Day Shoot

# MOM

FOR THE BEST

**MAY 8**  
8 a.m.-7p.m.

**Mothers  
accompanied by  
any of their kids's  
ages 6 and up  
will have their  
fees waived**

**Questions? Call (719)896-6196**



More Events and Info at  
[carson.armymwr.com](http://carson.armymwr.com)



Find us in social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



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

Fort Carson MWR—Shooting Complex

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CHEYENNE MOUNTAIN SHOOTING COMPLEX

# YOUTH MARKSMANSHIP CAMP

OPEN TO THE PUBLIC

SPORTSMANSHIP • FRIENDSHIP • SAFETY

FIRST SATURDAY, APRIL–SEPTEMBER

TARGET AND SNACK INCLUDED

CHILDREN 6–12

\$10/PARTICIPANT

SPONSORED BY



Questions? Call 896-6196



More Events and Info at  
[carson.armyMWR.com](http://carson.armyMWR.com)



Cheyenne Mountain  
Shooting Complex  
CarsonDFMWR



@carsonmwr  
#CarsonMWR



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



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# BALANCE & BREWS

IRON HORSE PARK

**5 - 6 p.m.**

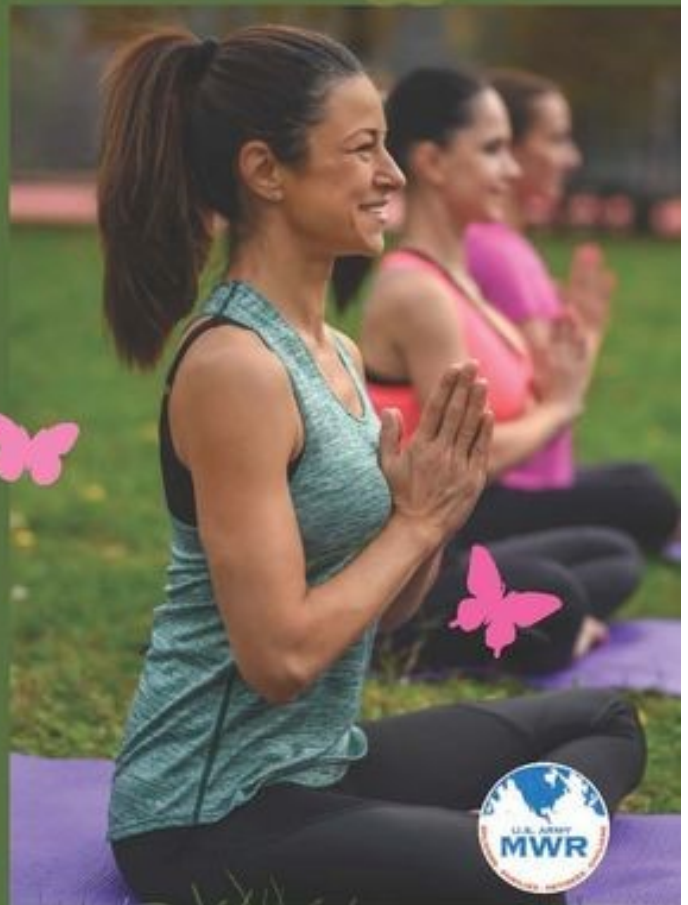
Jun. 8, Jul. 13,

Aug. 10, Sept. 14

REGISTRATION BEGINS  
**MAY 1, 2022**  
at Ivy Fitness Center

Local beer and other family friendly beverages  
will be available for purchase.

**\$5 per person**



Visit [CARSON.ARMYMWR.COM](https://CARSON.ARMYMWR.COM) for more information



More Events and Info at  
[carson.armymwr.com](https://carson.armymwr.com)



Find us on Social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



Iron Horse Park  
7093 Specker Ave, Bldg. 2429  
Fort Carson, CO 80913

Fort Carson MWR

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**OUT & ABOUT**



[carson.armymwr.com](http://carson.armymwr.com)

Keeping you connected.

Follow us on social media!



Fort Carson MWR



@CarsonMWR #carsonmwr



**In honor of Mother's Day, make body scrubs,  
bath bombs, and enjoy tea  
and refreshments.**

**Open to ages 10 and up.**



**Supplies are limited, registration is required.**





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# MAY EVENTS GRANT LIBRARY

There will be no library events from May 23 – to June 3  
719-526-2350/ 719-526-2842

**2022**

## Scavenger Hunt throughout the month of May

Pick up a Strong BANDS Challenge Card, complete all the activities, and earn a prize!

## Lapsit Story Time Tuesdays | 1030

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

## Strong BANDS Story Walk & Obstacle Course Thursday, May 5 & May 19 | 1030

Join us at the Ivy Football Field Track for an obstacle course and story walk, weather permitting! Prizes will be awarded, please call us at 719-526-2350 to register, or stop by the circulation desk.

## Family Create & Craft Saturday, May 7 | 1030

In honor of Mother's Day, make body scrubs, bath bombs, and enjoy tea and refreshments. Open to ages 10 and up. Supplies are limited, registration is required.

## Better Opportunities for Single Soldiers (BOSS) Anime Club Saturday May 7 | 1400

Hang out, watch anime, and enjoy snacks. Open to all Single Soldiers! Please call us at 719-526-2350 to register, or stop by the circulation desk.

## Preschool Story Time Thursday, May 12 | 1030

Story time for children and their parents, featuring stories and crafts.

## Summer Reading Program @ Grant Library Read Beyond the Beaten Path June 4 - July 30!

Read and earn prizes, and take part in activities! Registration begins May 16, Register at <https://grantlibrary.beanstack.org>.





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DOD MWR LIBRARIES  
SUMMER READING PROGRAM  
on Military Installations Worldwide

SRP @ Grant Library June 4 - July 30!  
Registration begins May 16  
Register at <https://grantlibrary.beanstack.org>  
Read & log minutes, take part in activities, earn prizes!

SCAN HERE



More Events and Info at  
[carson.armymwr.com](http://carson.armymwr.com)



Find us on Social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



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



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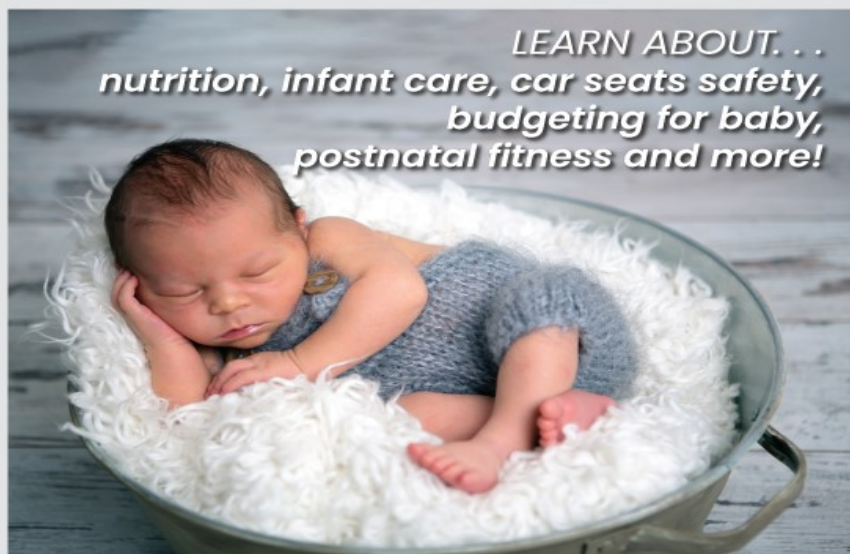


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Your USAFA Airman & Family Readiness Center invites  
New and Expectant Parents to attend this FREE Workshop

## BUNDLES <sup>4</sup> BABIES



LEARN ABOUT...  
*nutrition, infant care, car seats safety,  
budgeting for baby,  
postnatal fitness and more!*

~~March 8~~ | June 14 | Sep 13 | Nov 29

8 am – 12:30 pm

Airman & Family Readiness Center

Open to all expectant and new parents of all ranks, NOT  
limited to first pregnancy. Fathers are encouraged to attend.

Eligible participants will receive a \$50 Exchange gift card  
courtesy of the Air Force Aid Society upon completion  
of workshop.

To register, scan this QR code or call A&FRC 719-333-3444



USAFASUPPORT.COM



May Events/ Lifeworks

Mothers Day Flower Give Away TBD

Community Garden- First Come First Serve, 48 Spots available! Contact The Events Coordinator at Fort Carson Family Homes For More Info. -Jennylee Hanlon (jhanlon@bbcgrp.com)

5/2- Planting Flowers For Mom 3pm-4:30pm

5/4- Snack Time 3pm-4:30pm

5/10- Learn Yoga 3pm-4pm

5/11- Breakfast On The Go

5/13- Post Cleanup Day

5/16- I Scream You Scream We All Scream For Ice Cream  
3pm-4:30pm

May Events Continued 5/18- Popcorn Day! 3pm-4:30pm

5/24- Snack Time 3pm-4:30pm

5/27- Last Day Of School Come Get Popsicles 11am-5pm



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COLORADO ROCKIES

# MILITARY APPRECIATION DAY

**\$6** UPPER / LOWER LEVEL TICKETS



**SATURDAY, MAY 21 AT 6:10 PM**



VS



**ROCKIES.com/MILITARY**

To purchase more than 12 tickets, please contact Hannah Browne  
303-312-2224 | [hannah.browne@rockies.com](mailto:hannah.browne@rockies.com)

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**Falcon  
Regional Park**

# Kite & Wind Festival

**June 18, 2022**

**Starts at 10:00 A.M.**

**Contests | Music | Crafts | Games  
Bubbles | AND MORE!**

**Fox21 Storm Team | Kona Shaved Ice  
Pixie Sparkles Face Paint and Glitter**

Presented by



**WOODMEN HILLS**  
METROPOLITAN DISTRICT  
PARKS AND RECREATION

For more information call (719) 520-6977

[communityservices.elpasoco.com/kite-and-wind-festival/](https://communityservices.elpasoco.com/kite-and-wind-festival/)





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### Bear Creek Regional Park

July 13 Springs Contemporary Jazz Band  
 July 20 Colorado Springs Saxophone Quartet  
 July 27 Triple Play  
 August 3 AJE Jazz  
 August 10 Swing Connection Big Band  
 August 17 The Falconaires Alumni Band  
 August 24 New Horizons Kick's Band  
 August 31 AFAB- Falconaires Jazz Ensemble

Presented &  
Sponsored by



Anonymous  
Presents  
Concerts

### Fox Run Regional Park

July 28 Wirewood Station  
 August 4 Dotsero  
 August 11 Eight Three  
 August 18 Peak Big Band  
 August 25 Joe Sciallo and the Deep End  
 September 1 Hickabee and The Inman Brothers Band



### Fountain Creek Regional Park

July 26 Dotsero  
 August 30 Soul School



### Homestead Ranch Regional Park

June 30 101st Army Rock & Country Band

**All Concerts are 6:00pm to 8:00pm and are FREE!**

**For more information:**

**Go to [communityservices.elpasoco.com/2022-park-concerts/](http://communityservices.elpasoco.com/2022-park-concerts/)  
 Or call 719-520-6977**



# Fort Carson and the Surrounding Community

## Spring Paper Shredding Event

**When:** May 19 from 9 a.m. to 3 p.m.

**Where:** At building 3710 north of Gate 20 off of Specker Avenue.

**How:** Drop off all unwanted, unclassified documents, including old bank statements, credit card offers, cancelled checks, old medical records, pay check stubs, etc., to shred it and get rid of it. *(No classified documents will be accepted.)* The event is free and open to all ID card holders.

Ensure documents brought in are free of trash and non-paper items (binders, paper clips, etc.) for ease of processing.

**Why:** The event provides an opportunity to conduct spring cleaning by shredding and recycling no longer needed documents. Come do your part to help Fort Carson reduce waste from going to the landfill!

For more information, email the Directorate of Public Works at: [robert.d.cavanaugh2.civ@army.mil](mailto:robert.d.cavanaugh2.civ@army.mil).



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**Responding to Relationships**

# FREE

## Military & Responder MARRIAGE SERIES & RETREAT

### June 17 & July 29-31 2022

[myrelationshipcenter.org/rtr](http://myrelationshipcenter.org/rtr)

REGISTRATION OPENS  
MAY 9<sup>TH</sup>

Your Relationship Deserves This.



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## 2022 Annual Resource Fair for Individuals with Disabilities

Now is the opportunity to have your questions answered!!

Agencies, businesses, and providers are coming together to provide information on services and programming for individuals with all types of disabilities.

Event Sponsored by the Pikes Peak Interagency Transition Team

**Saturday, May14, 2022**

**10:00am -1:30 pm**

This will be a spaced out, outdoor event to ensure safety of all participants

Guest speakers: TRE, DVR

2020 N. Academy Blvd  
Colorado Springs, CO 80909

The Arc, Col. Medicaid

Free event parking

Special guest: Paralympic athletes  
and 4 time Olympian

Light refreshments will be provided in swag bags





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**COLORADO**  
Department of  
Labor and Employment

# WOMEN'S CAREER FAIR

**MAY 10 | 10 A.M. - 3 P.M.**

Register [HERE](#)



## WOMEN AND WOMEN VETERANS

Find Your Next Job at the Women and Women Veterans Virtual Career Fair on May 10!

If you're a woman or a woman veteran, attend the Women and Women Veterans Virtual Career Fair, where you'll be able to connect with employers who are hiring and learn more about:

- » Apprenticeship opportunities
- » Mental health and childcare resources
- » How changes in employment affect benefits like TANF and SNAP
- » VA disability claims
- » Financial planning
- » And more!

Several sessions will be dedicated to the needs of women veterans and spouses.

Participating employers include but are not limited to:

- » Amazon
- » Birdon
- » Colorado Department of Transportation
- » Denver Public Schools
- » Los Alamos National Labs
- » Pearl PIN Sourcing
- » RK Mechanical
- » Wilber-Ellis Company

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# FATHERS OF FREEDOM

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

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

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

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

**WHEN:** Tuesdays at 5:30pm

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



**LEARN MORE:**

Contact Adam at [adamnscombs@gmail.com](mailto:adamnscombs@gmail.com)  
or Adrian Nuñez at [anunez6293@my.pmi.edu](mailto:anunez6293@my.pmi.edu)

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

**Join Us!**  
**Visit [CircleOfParentsCO.org](http://CircleOfParentsCO.org)**



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



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Free Dinner & Child Care!

## Circle of Fathers

### Sharing ideas. Sharing support.

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

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

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

**WHEN:** Thursdays  
Dinner at 5pm; Meeting at 5:30pm

**WHERE:** Catholic Charities - Helen Hunt Campus  
917 E Moreno Ave, Colorado Springs, CO 80903

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



**LEARN MORE:**  
Contact Adam at [adamnscombs@gmail.com](mailto:adamnscombs@gmail.com)  
or Adrian Nuñez at [anunez6293@my.pmi.edu](mailto:anunez6293@my.pmi.edu)

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

Join Us!  
Visit [CircleOfParentsCO.org](http://CircleOfParentsCO.org)



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



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A VETERANS EVENT COMING  
THROUGH FOUNTAIN

# RUN FOR THE WALL

21 MAY 2022

1400 - 1500

HWY 85/87

FROM I-25 TO FIRE STATION #1



Approximately 500 Veteran motorcycle riders will travel through Fountain, CO as part of their journey from CA to Washington D.C. to pay tribute to Veterans' causes at the Vietnam Memorial. They ask that Fountain and Fort Carson families line Hwy 85/87 in support of the riders!



Keep up to date with local events and deals with the



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Join us for themed activities, food trucks, and outdoor movies!  
Free fun for the whole family!



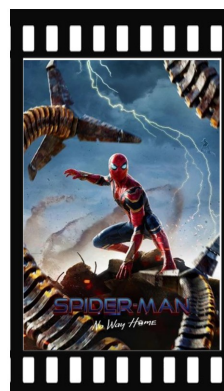
## **FRIDAY FAMILY MOVIES**

May 20 - "Encanto" @ Grand Mountain School

June 24 - "Space Jam: A New Legacy" @ Windmill Mesa Park

July 29 - "Sing 2" @ Pi-Ute Park

August 12 - "Spider-Man: No Way Home" @ Watson Jr. High



## **WIDEFIELD PARKS & RECREATION**

ParksAndRec.wsd3.org ~ (719)391-3515

705 Aspen Drive, 80911



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VIRTUAL PRESENTATION



### MULTIDISCIPLINARY COMMUNITY APPROACHES TO SUICIDE PREVENTION

Peak View Behavioral Health & Pikes Peak Suicide Prevention  
present these educational opportunities:

Presented By:

Cass  
Walton

#### ■ Suicide Prevention Overview

May 11 · 11:30am - 12:30pm

#### ■ Suicide Prevention for Different Levels of Risk

May 25 · 11:30am - 1:30pm

#### ■ Managing Risk in the Community

June 8 · 11:30am - 12:30pm

#### ■ Postvention as Prevention

June 22 · 11:30am - 12:30pm

**Pikes Peak Suicide Prevention Partnership (PPSPP)** is a non-profit organization founded in 1993 by three local women whose lives had been negatively impacted by suicide. One of those founders, LaRita Archibald, would go on to become a nationally renowned suicide prevention advocate participating in efforts across the country to create suicide prevention best practices and author several books on the topic. She helped to create some of the most accessed trainings, interventions, and tools in the field of suicide prevention. PPSPP has followed her lead by continuing to work to provide education and training to the general public about suicide prevention. The "informed public," is one of our strongest arms of prevention. The more people who understand how to prevent suicide, the more lives we can save.



#### ABOUT THE PRESENTER

Cass Walton currently serves as the Executive Director of Pikes Peak Suicide Prevention Partnership. Cass has served in a variety of roles including a Therapeutic Living Director at a residential treatment facility for adolescent boys, a Program Director for a camp serving individuals with autism, and as a corporate Crisis Intervention Trainer for youth-serving organizations. Cass is a wife and mother of four children. She loves to play and coach volleyball. She is the queen of karaoke, and her current favorite motto is, "It starts with me!" She serves the local suicide prevention community as the Vice-Chair of The Suicide Prevention Collaborative of El Paso County and she sits on the steering committee for the Youth Suicide Prevention Work Group of El Paso County.

#### FOR MORE INFORMATION, CONTACT:

ERIC GIBBS · 719-216-3414  
eric.gibbs@peakviewbh.com

This is a complimentary CE event for Colorado Healthcare Professionals and Community Members. Instructions on how to join and a calendar invite will be emailed following registration. **Registration is required. A certificate of attendance will be provided.**



REGISTER AT: [PEAKVIEWBH.COM/UPCOMING-EVENTS](https://peakviewbh.com/upcoming-events)

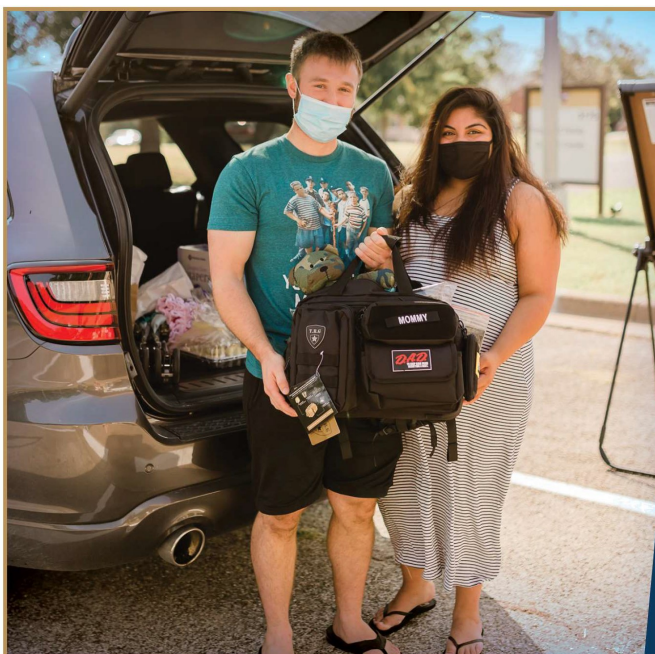
To find out more about PPSPP, please visit our website at [pikespeaksuicideprevention.org](https://pikespeaksuicideprevention.org). PPSPP provides a menu of suicide prevention support services, all at NO COST to the participant.



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JOIN OPERATION  
HOMEFRONT FOR A  
BABY SHOWER  
EVENT!

## STAR-SPANGLED BABIES

### Eligibility Category 3:

- Post 9/11 wounded, ill, or injured service member of any rank, both currently serving and those no longer serving in the military, or
- All ranks Active Duty, or
- All ranks Activated Guard or Reserve personnel currently serving in extended Title 10 status

**Saturday, May 7, 2022**

**1:00 – 2:30pm**

**Colorado Springs, CO**

Pre-registration is **REQUIRED**.

Register at **[MyOperationHomefront.org](https://MyOperationHomefront.org)**

Location details will be provided upon registration.

Questions? Contact Shelby and [Shelby.Pauka@OperationHomefront.org](mailto:Shelby.Pauka@OperationHomefront.org)

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# FIND THE **1** ONE CHALLENGE

May 2022

## STRENGTHEN YOUR BODY & MIND

This May we challenge you to find the ONE thing that makes you feel strong and reinforces the connection we have between our emotional and physical health for a more resilient you.





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## STAY CONNECTED TO THE **Find the 1NE** CHALLENGE

For the entire month of May Give an Hour will be sharing ideas on social media to help you Find the ONE healthy habit that makes you feel both emotionally and physically strong.

Here is what you can do >>>>>



Follow @giveanhour on all social platforms to see what others are doing to Find the ONE.



Post your ONE on social media. Use #FindtheONE and make your post public so Give an Hour can like it!



Challenge a friend on social media to Find the ONE. Encourage them to challenge someone. Keep the Challenge alive!



Donate \$10 to Give an Hour so we can help other's find their ONE and in honor of your challenge buddy.



Save the date for the Find the ONE webinar and get inspired to keep up the momentum!

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1

## 30 Healthy Habit Ideas FIND YOUR ONE

1

 <input type="radio"/> Stretch all your muscles	<input type="radio"/> Add a daily fruit into your diet	<input checked="" type="radio"/> Go for a walk in nature	<input type="radio"/> Dance in your living room	<input type="radio"/> Go to bed early
<input type="radio"/> Practice yoga	<input type="radio"/> Get a ball and throw it around	<input type="radio"/> Incorporate daily affirmations	 <input type="radio"/> Eat vegetarian meals	<input type="radio"/> Go for a bike ride
<input type="radio"/> Add a HIIT workout to your routine	 <input type="radio"/> Hold a plank for 30 seconds	<input type="radio"/> Practice being present	<input type="radio"/> Go to the playground and play on the equipment	<input type="radio"/> Drink 2 extra glasses of water a day
<input type="radio"/> Try a new healthy recipe	<input type="radio"/> Vacuum/clean your house like you mean it	 <input type="radio"/> Go to the pool and swim laps	<input type="radio"/> Add five burpees to your workout	<input type="radio"/> Hula hoop for five minutes
<input type="radio"/> Try a new group class at your gym	<input type="radio"/> Take a daily vitamin	<input type="radio"/> Add a daily vegetable into your diet	<input type="radio"/> Jump rope for five minutes	 <input type="radio"/> Start a gratitude journal
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Take your dog for an extra long walk	 <input type="radio"/> Wash your car by hand	<input type="radio"/> Add a daily cup of green tea

### ONE MONTH ONE CHANGE

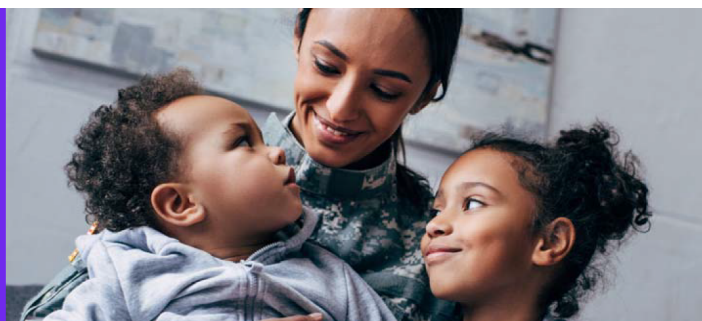
During the month of May, FIND YOUR ONE healthy habit that makes YOU feel STRONG. What is the ONE thing that you can do that benefits your physical and mental fitness. Practice that ONE during the month of May.



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## Your invited to a Military Baby Shower!

March of Dimes hosts a Military Baby Shower Program which is designed specifically to address the unique needs of military families. The goal of this program is to provide free pregnancy and newborn health education, support services and baby supplies to help military moms and families have healthy, full-term babies.

**Join us May 25 at 7PM EST  
for our virtual baby shower  
celebration!**

Families attending the virtual shower will receive Pampers diapers, a Philips Avent Baby Monitor with starry night projector as well as several mother and child care products.

Items will be shipped directly to your home within 4-6 weeks of the shower.

**Eligible families  
must be pregnant  
at the time of the  
shower and be E6  
rank or below.**

**Registration is  
open and can be  
accessed using  
this link:**

**[bit.ly/military-baby-shower-spring2022](https://bit.ly/military-baby-shower-spring2022)**

For more information, contact Meredith Repik at  
[militarybabyshower@marchofdimes.org](mailto:militarybabyshower@marchofdimes.org) or 843-614-3355.

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## Veteran's Legal Assistance Clinic

**Fourth Tuesday of the month | 12:30 to 3 p.m.**

### **PFC Floyd K. Lindstrom VA Outpatient Clinic**

3141 Centennial Blvd., | Colorado Springs, CO 80907 | Mt. Yale Conference Room

Meet with an attorney for legal assistance. This service is free of charge. Get information on topics including veteran's resources, benefits, taxes, housing, criminal, and family law.

### **2021/2022 Dates**

Oct. 26	Nov. 23	Dec. – None	Jan. 25	Feb. 22
Mar. 22	Apr. 26	May 24	June 28	July 26
Aug. 23	Sept. 27	Oct. 25	Nov. 22	Dec. – None

**For more information visit [cobar.org/clcv](https://cobar.org/clcv).**

*A service provided by the CBA Military & Veterans' Affairs Section.*

**CBA**

**Military and  
Veterans' Affairs  
Section**



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# TEAMS

Transition Employment Assistance for Military Spouses

## EMPLOYMENT WORKSHOPS DESIGNED FOR SPOUSES

JOIN US FOR THESE NEWLY DEVELOPED WORKSHOPS DESIGNED  
SPECIFICALLY FOR TRANSITIONING SPOUSES!

OPEN TO ALL MILITARY SPOUSES!

DATE: May 10

TIME: 09:00-11:00

**YOUR NEXT MOVE** – 2 Hours

Define and explore career opportunities

DATE: May 10

TIME: 1:00-3:00

**CAREER CREDENTIALS** – 2 Hours

Define professional licensing/credentials and identify portability resources

DATE: May 11

TIME: 09:00-11:00

**LINKEDIN PROFILES** – 2 Hours

Create a profile that markets your professional brand

DATE: May 11

TIME: 1:00-3:00

**LINKEDIN JOB SEARCH** – 2 Hours

Get insider knowledge and explore LinkedIn features

**LOCATION:** Fort Carson Transition Assistance Center, Building 6237, Room 208

**GPS:** 7366 Mekong Street

**REGISTRATION:** Visit or call the Transition Assistance Center

Mon-Fri, 0730-1600/719-526-1001/1002

For more information about or to register for available virtual workshops, visit: [dol.gov/teamsworkshops](https://dol.gov/teamsworkshops)



Developed by the U.S. Department of Labor's  
Veterans' Employment and Training Service



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## VIRTUAL MILITARY SPOUSE SYMPOSIUM



**Take a little time for you in 2022.** Join us for three FREE days of online sessions that give you more resources, more tools and more support for your best MilLife.

**May 10-12, 2022 | Register Here:**

<https://myseco.militaryonesource.mil/portal/spousesymposium>

- Optimize your job search with pro tips and tools.
- Learn expert strategies to improve communications and relationships.
- Explore resources you can use to secure your finances.
- Get guidance to discover and communicate your personal brand.
- Find resources to fuel your entrepreneurial ambitions.



**Make 2022 the year of YOU.**

Register here: <https://myseco.militaryonesource.mil/portal/spousesymposium>.

For more info, call a SECO career coach or Military OneSource consultant at 800-342-9647.



SPOUSE EDUCATION & CAREER OPPORTUNITIES

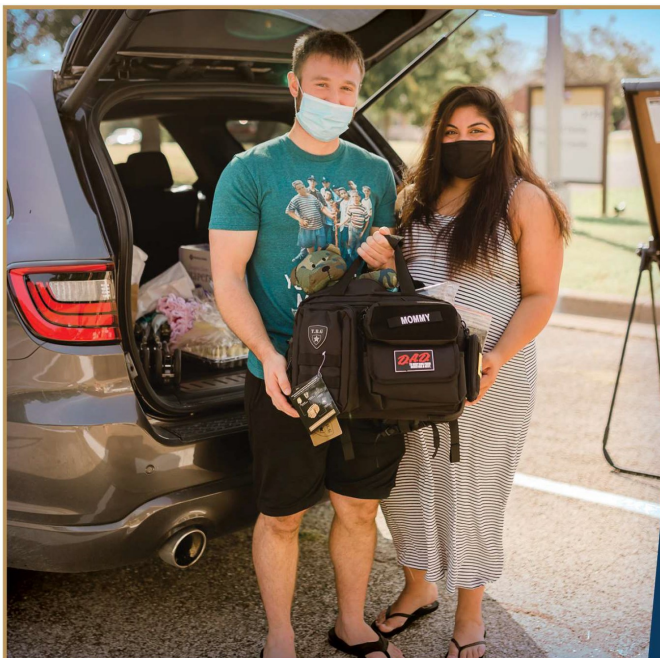




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# Inspire. Engage. Volunteer.

girl scouts   
of colorado



## Military Families and Soldiers

Calling all military families and single soldiers!  
Interested in volunteer opportunities? Need to  
sharpen skills for your resume? Have a special skill or  
talent to share? Consider volunteering with Girl  
Scouts!



Ready to find out how you can  
make a lasting change for a  
military child? Click on the QRC to  
get more information and start  
your adventure today!

**New leaders will receive:**

- Free Girl Scout membership
- Free New Leader Binder
- Free training
- Mentorship
- And, so much more !

Questions? Contact [Heidi.Sumner@gscolorado.org](mailto:Heidi.Sumner@gscolorado.org)  
719-304-8320



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## DIGITAL GARRISON

POWERED BY



### CONNECT

with your community

Get your local installation services and post information on the NEW Digital Garrison app on your smartphone or tablet.



#### 1. Get info on the go

Get connected with your community by finding local news, information on services, dining, events and more.

#### 2. Pcs support

Find the PCS supplies you need at the Exchange and also get all the support info you need with the Army PCS Move app!

#### 3. Real time updates

Opt in today!

Get local installation notifications, announcements and alerts at the palm of your hand.

#### 4. Find great deals

Check out the hottest deals, brands, and products you love from your local Exchange and online.

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All camping opportunities are subject to COVID protocols/restrictions at time of camp



### ***Military Family Camp at Young Life's Trail West***



What: **Military Family Camp**. Does your Family like adventure, laughter and fun –or just need a break from the daily stresses of life?  
Then join us this summer at **Military Family Camp at Young Life's Trail West**

Offering horseback riding, pony rides, ropes course, swimming pool, water slide, hot tub, trout pond, tennis courts (rackets and balls available), basketball, sand volleyball, Frisbee golf course, playground, 4x4 jeep tours& White Water Rafting, this is a perfect setting to relax and connect with your Family.

Childcare is available on site during scheduled Family activities.

**Who:** Approx. 70 Active Duty Service Members & their Families. Please note: Single parent Families and Families with a deployed spouse are invited to participate as well.

**When:** 29 May-4 June and 5-11 June, 2022  
(Online applications available beginning 1 February, 2022)

**Where:** Buena Vista, CO (Transportation to/from the camp is a Family responsibility)

**Why:** To allow Service Members and their Families to spend quality time together, laugh a lot, and be restored.

**How Much:** In order to thank our Service members and their Families, the discounted fee below will be available to the Families selected to attend. This fee covers all meals, activities and lodging for the Family for the week. The registration fee is based on rank:  
E1-E5 \$50.00, E6-E9 \$75.00, CW1-O3 \$100.00, O4 & above \$150.00.



To apply go to: [www.younglife.org/find/events](http://www.younglife.org/find/events) and scroll down to click on Fort Carson Military Family Camp

**For more information, e-mail** [mfc@clubbeyond.org](mailto:mfc@clubbeyond.org)

The information that appears in this flyer is intended to inform Soldiers of special offers provided to them and their Families and is not intended to constitute an endorsement by Ft. Carson, the United States Army or the Department of Defense. It is strictly intended to be used for informational purposes only.





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# ★ WWWEG ★

WEEKLY WARRIOR EQUINE GROUP  
WITH OPERATION EQUINE



**EVERY THURSDAY 11:00-1:00 PM**  
**STARTING JANUARY 13**  
**AT ALLEGIANCE RANCH**

- ★ FREE EVENT FOR ALL VETERANS
- ★ SPEND TIME WITH THE HERD
- ★ LEARN NEW SKILLS
- ★ ENJOY TIME WITH OTHER VETERANS
- ★ COFFEE AND SNACKS PROVIDED

**OPERATIONEQUINE.ORG**

ALISON MCCABE  
INFO@HORSES-HEAL.NET  
303-909-0974

MICHELLE@OPERATIONEQUINE.ORG  
720-588-3035

**ALLEGIANCERANCH.ORG**

📷 📺 ALLEGIANCE RANCH  
GLORIA@ALLEGIANCERANCH.ORG



3448 COUNTY ROAD 4 ERIE, CO 80516

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## STABLESTRIDES

is currently seeking WWP  
clients for sessions!

Our services are  
**free of charge**  
to eligible  
Service Members  
and Veterans.

StableStrides is the only  
PATH PAC in Southern  
Colorado. Serving Castle  
Rock, Colorado Springs,  
Pueblo, and beyond!

Apply for your  
opportunity through  
[woundedwarriorproject.org/  
programs/wwp-registration](http://woundedwarriorproject.org/programs/wwp-registration)

**Questions about our services?**

Contact us at [connect@stablestrides.org](mailto:connect@stablestrides.org)





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# We Need You

## We Need Patients on our "Patient and Family Partnership Council" (PFPC)



We work hard at Evans Army Community Hospital (EACH) to improve quality and safety. At your last visit, did you think of things we could have done differently? Do you have ideas that would promote better care experiences?

As a soldier, patient or family member, you know how it feels when things work well. You also know how it feels when things don't work so well.

Partner with healthcare by joining the PFPC! Your valuable knowledge and your one-on-one interactions with our staff make you a valuable candidate! Our Command Group is interested in hearing your voice at these meetings! If you would like to become a member of the PFPC and can give us 1½ to 2 hours per quarter, please contact:



Patient Advocacy Office  
Phone: (719) 526-7225  
Patient Services Center  
Building 7500; Room 1011  
Fort Carson, Colorado

*Taking the time  
to show we care!*



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Are you an El Paso County resident  
affected by COVID-19?

¿Eres un residente de El Paso County  
afectado por COVID-19?

ASSISTANCE AVAILABLE FOR RENT, MORTGAGE & UTILITIES  
ASISTENCIA DISPONIBLE PARA RENTA, HIPOTECA Y UTILIDADES

**\$21 MILLION AVAILABLE NOW**  
**\$21 MILLONES DISPONIBLES AHORA**

**CALL 2-1-1**  
**MARCA 2-1-1**



Or apply online:

O aplique en nuestra pagina de internet:

[cdola.colorado.gov/rental-mortgage-assistance](https://cdola.colorado.gov/rental-mortgage-assistance)





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## FREE TUITION PRESCHOOL

FOR  
AGES 0-5



VARIETY  
OF CLASS  
TIMES



SAFE  
QUALITY  
PROGRAMS



65  
LOCATIONS



Colorado Preschool Program | Head Start | Early Head Start

**SUCCESS STARTS EARLY**  
**CALL TODAY**  
**ENROLLING YEAR-ROUND**

719-635-1536 | [cpcdheadstart.org](http://cpcdheadstart.org)



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