

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.



Give us a call at (719) 526-4590

Visit our webpage at: carson.army.mil/ACS

The "Pass It On" is available online at:

<https://carson.armymwr.com/programs/community-information-newsletter-pass-it>

4 August 2021

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PASS IT ON COMMUNITY NEWSLETTER

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ARMY EMERGENCY RELIEF SPOUSE EMPOWERMENT SERIES

Providing Military Spouses with the tools needed to thrive

With special co-host:
Military Child Education Coalition

11 August 2021, 12PM EST



Krista Simpson Anderson
AER Military Spouse Ambassador



CSM (R) Tracey Anbiya
AER Assistance Administrator



Louise Webb
MCEC Master Parent Educator,
Webinar Team Lead



Susan Sellers
MCEC Master Parent Educator

FREE GIFT!

First 40 registered attendees will receive a special List & File binder insert!



Army Emergency Relief's new Spouse Empowerment series talks #Back2School with co-host Military Child Education Coalition. You won't want to miss the tips, tricks & resources for a successful school year. AER will be providing a special List & File gift to the first 40 registered attendees.

This casual, private conversation will be held Wednesday, August 11 at 12PM EST on Zoom. Register in advance for this event by clicking [HERE](#).

To learn more about how AER can help you, visit our Army Community Service Army Emergency Relief webpage [HERE!](#)

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Tropical Luau

Directorate of Family and Morale, Welfare and Recreation (DFMWR) presents the Tropical Luau 5k Aug. 27 from 4-7 p.m. at Pershing Field. The Tropical Luau 5k and 1 mile Guppy Run includes not only the races, but entertainment, too. There will be authentic Polynesian dancers with fire and musicians, hair braiders, caricature artists and more. There are three different tickets to enjoy this race which comes with pool access, food, beverages and entertainment. For more details and registration, visit <https://www.eventbrite.com/e/tropical-luau-5k-tickets-159167992751>. For more information, contact Rebecca Baden at Catherine.r.baden.naf@mail.mil.

Garcia Gym Closure/Renovations

Garcia Fitness Center will close for renovations July 31 and is tentatively scheduled to reopen Jan. 10. Updates include installation of shower stalls in men's locker room, new flooring and turf lane in the main functional fitness room and general beautification of the entire facility.

Catholic Religious Education

Catholic Religious Education registration for the fall has begun. Religious education classes are offered to children ages kindergarten students and up and to adults. The Religious Support Office also offers Sacramental preparation programs for Baptism, First Communion, Confirmation and RCIA for adults interested in joining the Catholic faith.

Classes will be held on Sunday mornings from 10:10-10:55 a.m. Classes will be held in person this year. Registration is required. Register by contacting Patria.a.treacy2.civ@mail.mil or call 719-524-2458.

AAFES Food Truck

Units or organizations can request the Army and Air Force Exchange Service food truck coming to their location by calling the Exchange Services Office at 719-576-6182.

COVID-19 Information

To see the latest information on Fort Carson's measures to prevent the spread of COVID-19 and for frequently asked questions and other information on the pandemic, visit <https://www.carson.army.mil>. To ensure the most current page is viewed, refresh the internet browser by pressing the "Control" and "F5" keys.

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Art in the Park

Directorate of Family and Morale, Welfare and Recreation (DFMWR) will conduct Art in the Park at Iron Horse Park Oct. 2 from 10 a.m. to 2 p.m. Art in the Park will consist of art vendors, craft vendors, music, entertainment and food and beverages for purchase throughout the event. This event is open to DOD ID card holders. Come enjoy family fun, art and a variety of foods at the food truck rally. Art vendors and merchandise vendors. This is also a great opportunity for Soldier and Family Readiness Groups and units to join in. If interested in attending as a vendor, contact Brandy Foe at brandy.a.foe.naf@mail.mil or 719-237-9081.

Trail Run Club

Community members can take part in a new challenge with Fort Carson's Trail Run Club. Run or walk a new trail each week and share your experience. Club members get access to weekly tips, articles and photos to help improve performance and ensure safety on the trails. Registration for the fourth session of the Trail Run Club is now open until Aug. 18. There are a limited amount of spots available. Registration and more information can be found at <https://www.eventbrite.com/e/fort-carson-trail-run-club-session-4-tickets-163242397405>.

Religious Support Office News

The Fort Carson Religious Support Office (RSO) will begin having Wednesday Night Family Night again beginning Aug. 25. This is a night with various adult bible studies to include Financial Peace University. For the children we will have AWANAs and teen programs. Volunteers are needed for fall Awana Clubs starting Aug. 25. This is a ministry of the Fort Carson Chapels hosted during Wednesday Family Night each week. Individuals with a Christian faith, love for kids, and desire to serve can contact Chaplain Dave Dice at 719-453-9778 or james.d.dice4.mil@mail.mil.

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Preparing Financially for a New Child

Fort Carson ACS Financial Readiness Program Presents

Preparing Financially for a New Child



For most Soldiers, a new child means changes, especially to your finances. Whether you are having a baby, adopting or becoming a stepparent due to a marriage, this course is designed to help you organize your finances efficiently and prepare you for the changes that come with your growing family.

ACS
Class Highlight

How to Help a Friend

Victim Advocacy Program presents

HOW TO HELP A FRIEND



This course will explore the ways a person becomes trapped in an abusive relationship by examining:

- the cycle of violence model and barriers to "just leaving"

- the signs of domestic violence, physical signs and subtle signs

- ways to broach the subject

- ways to safely connect a person to help using on post and off post resources

Ft. Carson resources and off-post agencies and Army policy on abuse to include restricted, unrestricted and third party reporting.

ACS
Class Highlight

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Financial Strength Budgeting 101



If you are experiencing living paycheck to paycheck and find it difficult to manage your money or in need of a security clearance for your job, please consider attending the virtual basic budgeting class.

This class is designed to ensure that each Soldier has a plan to better manage their finances.

ACS
Class Highlight

You're a Priority: Federal Employment for Military Spouses

FORT CARSON ACS EMPLOYMENT READINESS PRESENTS

**YOU'RE A PRIORITY:
FEDERAL EMPLOYMENT
FOR MILITARY SPOUSES**

Did You Know?
As a Military Spouse you may be eligible for the Priority Placement Program (PPP), the Relocated Licensure Reimbursement. Learn the requirements and documentation needed for these and other spouse employment and educational opportunities.

ACS
Class Highlight

Army Community Service Upcoming Classes

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DATE	CLASS	TIME
August 6th	<u>Preparing Financially for a New Child</u> : Foundational Readiness Classes for Your Personal Finances	9:30 am - 10:30 am
	<u>Play Group</u>	10 am - 12 pm
	<u>Marriage: Happily Ever After</u> : Foundational Readiness Classes for Your Personal Finances	11 am - 12 pm
	<u>How to Help a Friend</u>	1 pm - 2 pm
August 9th	<u>Nourish and Nurture</u>	10:30 am - 11:30 am
August 10th	<u>Cooperative Parenting and Divorce Class</u>	9 am - 1 pm
	<u>Infant Massage & Baby Nurturing</u>	9:30 am - 11 am
	<u>Parenting Accelerated 6 Week Class</u>	9:30 am - 11:30 am
	<u>Baby Orientation</u>	10 am - 11:30 am
	<u>SFRG Fund Custodian Training</u>	10 am - 11:30 am
	<u>Center on Fathering</u>	1 pm - 3 pm
	<u>Domestic Violence Support Group</u>	1 pm - 2 pm
	<u>Soldier & Family Readiness Group (SFRG) Key Contact Training</u>	1 pm - 2:30 pm
	<u>Heartbeat</u>	6:15 pm - 8 pm
August 11th	<u>Write a Winning Resume</u>	9:30 am - 10:30 am
	<u>Financial Strength Budgeting 101</u>	10 am - 11 am
August 12th	<u>Parenting Accelerated 6 Week Class</u>	9:30 am - 11:30 am
	<u>Toddler Time</u>	9:30 am - 11 am
August 13th	<u>Take Control of Your Credit</u> : Foundational Readiness Classes for Your Personal Finances	9:30 am - 10:30 am
	<u>Play Group</u>	10 am - 12 pm
	<u>Financial Aspects of Divorce</u> : Foundational Readiness Classes for Your Personal Finances	11 am - 12 pm
August 16th	<u>Parents and Tots Walking Group</u>	10 am - 12 pm
August 17th	<u>Boot Camp for New Moms</u>	9 am - 12 pm
	<u>Everyday English for Foreign Born Spouses</u>	9:30 am - 11:30 am

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
August 17th	<u>Infant Massage & Baby Nurturing</u>	9:30 am - 11 am
	<u>Parenting Accelerated 6 Week Class</u>	9:30 am - 11:30 am
	<u>SFRG Management Course</u>	9:30 am - 2:30 pm
	<u>Center on Fathering</u>	1 pm - 3 pm
August 18th	<u>You're a Priority: Federal Employment for Military Spouses</u>	9:30 am - 10:30 am
	<u>German Meet-Up</u>	10 am - 12 pm
August 19th	<u>Rear Detachment Leaders Course</u>	9 am - 4:30 pm
	<u>Parenting Accelerated 6 Week Class</u>	9:30 am - 11:30 am
	<u>Professional Development Series - Make Your Mark, Grow Professionally</u>	9:30 am - 10:30 am
	<u>Toddler Time</u>	9:30 am - 11 am
	<u>TSP Class</u>	1 pm - 2 pm
	<u>Latino Meet-Up</u>	2 pm - 4 pm
August 20th	<u>Rear Detachment Leaders Course</u>	9 am - 4:30 pm
	<u>Preparing Financially for a New Child: Foundational Readiness Classes for Your Personal Finances</u>	9:30 am - 10:30 am
	<u>Play Group</u>	10 am - 12 pm
	<u>Mountain Post Living Welcome for Spouses and Families</u>	10:30 am - 11:30 am
	<u>Marriage: Happily Ever After: Foundational Readiness Classes for Your Personal Finances</u>	11 am - 12 pm
	<u>How to Help a Friend</u>	1 pm - 2 pm
	<u>Command Family Readiness Representative (CFRR) Academy</u>	9:30 am - 4:30 pm
August 23rd	<u>Art and Movement</u>	10:30 am - 11:30 am
	<u>Command Family Readiness Representative (CFRR) Academy</u>	9:30 am - 4:30 pm
August 24th	<u>Baby Sign Language Basics</u>	9 am - 11 am

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

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**WE KNOW THE SYSTEM.
WE CAN HELP.**

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, and personnel services to help Soldiers and their Families with special needs.

Where can I find EFMP Services?

EFMP - For Enrollment/ Updates/ Disenrollment/FMTS

Evans Army Community Hospital (EACH)
1650 Cochrane Circle, Bldg. 7500
(719) 526-7805

EFMP – For Family Support Services

Army Community Service – ACS Annex
1481 Titus Blvd., Bldg. 7492
(719) 526-0400

An Exceptional Family Member is a Family member with any physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training, or counseling.

Visit our 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](#)

ACS Employment Readiness Program

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Fort Carson Employment Readiness

Professional Development

***Make Your Mark,
Grow Professionally***



Make a long-term investment in yourself, learn how to stand out in today's fast-paced, ever-changing workplace. Grow professionally and experience success by learning how to navigate today's competitive workforce.

To register, visit: www.carson.armymwr.com/calendar
'Like Us' on FB & 'Join Us' on LinkedIn@Fort Carson ACS Employment Readiness



Fort Carson Employment Readiness *Professional Development*

***Interview Skills
& Techniques***



The interview is your opportunity to demonstrate your work ethic and skills. Join this interactive workshop to learn what common interview mistakes to avoid and gain tips on how to effectively prepare and research through a mock interview exercise.

To register, visit: www.carson.armymwr.com/calendar
'Like Us' on FB & 'Join Us' on LinkedIn@Fort Carson ACS Employment Readiness



Visit our webpage **[HERE!](#)**

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FORT CARSON EMPLOYMENT READINESS

2021 April - September Class Schedule

You're a Priority: Federal Employment for Military Spouses

Apr 21st--9:30 to 10:30 am
May 19th--1:30 to 2:30 pm
June 16th--9:30 to 10:30 am
July 21st--1:30 to 2:30 pm
Aug 18th--9:30 to 10:30 am
Sept 15th--1:30 to 2:30 pm

*Write a Winning Resume

Apr 14th--9:30 to 10:30 am
May 12th--1:30 to 2:30 pm
June 9th--9:30 to 10:30 am
July 14th--1:30 to 2:30 pm
Aug 11th--9:30 to 10:30 am
Sept 8th--1:30 to 2:30 pm

*Federal Resume & USAJobs

Apr 27th--9:00am to 12noon
May 25th--1:30 to 4:30 pm
June 22nd--9:00am to 12 noon
July 27th--1:30 to 4:30 pm
Aug 24th--9:00am to 12 noon
Sept 28th--1:30 to 4:30 pm

ERP resume writing classes are designed to help participants develop a competitive private sector and/or federal resume. For in-person resume reviews, interview prep session or career counseling & assessment, contact an ERP Specialist. ERP Program Specialist are Certified Federal Career Coaches (CFCC) and Certified Federal Job Search Trainers (CFJST).

*Federal Resume & USAJobs and Write a Winning Resume will be conducted in class/in person.
All class information subject to change.

Register@www.carson.armymwr.com/calendar or call: 719.526.0452

'Like us' on FB and 'Join Us' on LinkedIn@Fort Carson ACS Employment Readiness



Visit our webpage [HERE!](#)

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FORT CARSON EMPLOYMENT READINESS

2021 April - September Workshop Schedule

Professional Development Series

Apr 1st	LinkedIn Fundamentals--9:30 to 10:30 am
Apr 15th	Career Exploration & Assessments--9:30 to 10:30 am
May 6th	LinkedIn Fundamentals--1:30 to 2:30 pm
May 27th	Make Your Mark, Grow Professionally--1:30 to 2:30 pm
June 3rd	LinkedIn Fundamentals--9:30 to 10:30 am In person Workshop
June 17th	Interview Skills & Techniques--9:30 to 10:30 am
July 1st	LinkedIn Fundamentals--1:30 to 2:30 pm In Person Workshop
July 15th	Career Exploration & Assessments--1:30 to 2:30 pm
Aug 5th	LinkedIn Fundamentals--9:30 to 10:30 am In Person Workshop
Aug 19th	Make Your Mark, Grow Professionally--9:30 to 10:30 am
Sept 2nd	LinkedIn Fundamentals--1:30 to 2:30 pm In Person Workshop
Sept 16th	Interview Skills & Techniques--1:30 to 2:30 pm

LinkedIn Fundamentals: Learn how to build your professional identity & brand on this platform by understanding its functions and capabilities. Understand how to make connections and develop professional relationships to help your job search. Class participants may schedule an appointment for a FREE head shot.

Career Exploration & Assessments: Discover your interests, likes & dislikes before setting out on your job search. ERP experts can help you to determine which career may be a good fit for you.

Make Your Mark, Grow Professionally: Learn how to keep up and stand out in today's fast-paced, ever-changing workplace. Grow professionally and experience success by learning how to navigate today's competitive workforce.

Interview Skills & Techniques: Join this interactive workshop to learn what common interview mistakes to avoid. Discuss frequently asked questions, cover tips & trends and learn how to effectively interview for the job.

ERP offers hybrid classes. Select whether you prefer to attend in person or virtually when you register. All class information subject to change.

Register@www.carson.armymwr.com/calendar or call: 719.526.0452

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ACS Financial Readiness Program Presents: Foundational Readiness Classes for Your Personal Finances



PREPARING FINANCIALLY FOR A NEW CHILD

1st and 3rd Friday 0930am-1030am

Whether you are having a baby, adopting, or becoming a stepparent due to a marriage, this class is designed to help prepare you for the changes that come with your growing family.

MARRIAGE - HAPPILY EVER AFTER

1st and 3rd Friday 1100am-1200pm

As a couple, this class will help you make decisions, avoid financial difficulties, and assist you and your loved ones to start off on the right foot no matter what major life event comes your way.

TAKE CONTROL OF YOUR CREDIT

2nd and 4th Friday 0930am-1030am

Come learn how to establish credit, to check your credit reports and resolve errors, the debt-to-income ratio, manage existing debt, recognize the warning signs of debt problems, and what to do if your debt is out of control.

FINANCIAL ASPECTS OF DIVORCE

2nd and 4th Friday 1100am-1200pm

The goal of this class is to help reduce the stress and uncertainty associated with the financial aspects of divorce. Come learn how to make smart, informed financial moves so that you can emerge from your divorce with greater financial confidence.

These classes are currently offered virtually and in-person by request.

Register at www.carson.army.mil/acs
For more information: (719) 526-4590



Military and Family Life Counseling (MFLC)

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**MILITARY & FAMILY
LIFE COUNSELING**

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.

**Military
& Family
Life
Counseling**

Need to talk?
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



Visit our webpage [HERE!](http://www.carson.army.mil/acs)

Mountain Post Spouses' Club

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www.mpsc.us

Mountain Post Spouses' Club

Supporting Soldiers,
Spouses and Dependents

— Since 1960 —

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.

Visit
www.MPSC.us
to learn more!

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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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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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FOOD DISTRO

DRIVE-THRU DISTRIBUTION

11 AM

2021

NEW

**Summer
Dates**

THURSDAYS

~~**JUN 10 & 24**~~

~~**JUL 08 & 22**~~

AUG 12 & 26

OPEN TO ALL

While Supplies Last

**Norris Penrose
Event Center
Upper Lot**

**1125 W Moreno St
Across From Mt. Carmel
Veterans Service Center**

**Find Us on Social Media
for Updates**



Food Resources

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GET HELP BUYING FOOD FOR YOUR FAMILY

Did you know benefits could be available to you? The Supplemental Nutrition Assistance Program (SNAP) is an on-going monthly food benefit that helps Colorado families to afford healthy food when budgets are tight. SNAP gives you options--you can choose where to shop and what to buy. These benefits are for you!

SNAP is For You

SNAP is available for all eligible families. You can receive SNAP benefits if you have limited income or high living expenses. If you are an immigrant, receiving SNAP for eligible children (such as US Citizen kids) does not impact public charge. Visit KeepYourBenefits.org for more information about immigration and benefits.

Many Coloradoans use SNAP. There is enough for all who are eligible--it's just waiting for you to use it!



Fill out a SNAP application

You can apply online for SNAP benefits using the Colorado PEAK website colorado.gov/PEAK or on your smartphone using the MyCOBenefits app. You can download the app from the Apple or Android app store.

If your family qualifies for SNAP, you might also qualify for Pandemic EBT (additional funds for groceries to support children) this year! Learn more at cdhs.colorado.gov/p-ebt

Additional Pandemic Resources

Food pantries and other programs (like WIC) offer free food, meals, nutrition support, and more. Visit Hunger Free Colorado's COFoodFinder.org to learn more!

Right now, a family of 3 can be eligible to receive up to \$616 per month!

This institution is an equal opportunity provider. This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



COLORADO
Department of Human Services

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FREE FOOD DISTRIBUTION

LOCATION:

Centennial Elementary, 1860 S. Chelton Road

DATE:

Every 1st & 3rd Thursday of the month

June 17	Aug 19	Oct 7	Nov 18
July 1	Sept 2	Oct 21	Dec 2
July 15	Sept 16	Nov 4	Dec 16
Aug 5			

TIME:

11:30am until food runs out



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

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Catholic
Charities
of Central Colorado

Marian House
Marketplace

FOOD INSECURITY?

**We are
here to
help**

Our pantry offers fresh,
frozen and shelf-stable
healthy foods for families and
individuals in crisis

Catholic Charities of Central Colorado has expanded its services to offer monthly shopping in their Marketplace Pantry for a variety of healthy foods to cook at home.

To register or schedule an appointment call 719.866.6288 or email pantry@ccharitiescc.org

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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Heroes' Legacy Scholarship

College scholarships for children of service members who've died or become seriously injured in the line of duty since 9/11.

Click [HERE](#) For More Information



Military Spouses

Scholarship funds can be used towards degrees, certifications, licensure, clinical supervision for mental health licensure, CEUs, business expenses and more!

Click [HERE](#) For More Information



Search for Scholarships

Find even more scholarships available for children and spouses of military (active, reserve, retired) and veterans.

Click [HERE](#) For More Information

Keep up to date with local events and deals with the



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**COMMUNITY
NEWSLETTER**

MILITARY *families* MAGAZINE

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

Military Family Member Scholarship Opportunities

Click below to learn more!

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

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

[Fisher House Foundation
Scholarship Program](#)

[No Angel Left Behind](#)

[Freedom Alliance](#)

Mountain Post Recreation

GROUP EXERCISE SCHEDULE

Aug 2021



ALL classes are \$3 each Credit card Preferred for payment
and 45-55 minutes long. Monthly passes are available for \$45 each.
Holiday weekend Please refer to the MWR Website

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0500							
0630	PT Cycle* IVY	PT Cycle Contact McKibben FC	PT Cycle* IVY	PT Cycle Contact McKibben FC	Tactical Training*IVY		
		PT TRX* IVY		PT TRX* IVY			
		Tactical Training*IVY		Tactical Training*IVY			
0645	PT Yoga*Waller	PT Cycle* Waller	PT Yoga* Waller	PT Cycle* Waller			
0800	SRU PT*	SRU PT*	SRU PT*	SRU PT*	SRU PT*		
0900	Cycle@Ivy	HiTT Family Fitness		HiTT Family Fitness			
1000		TRX Training	Core Blast	TRX Training	TRX Training (30 Orientation)		
1145	Crossfit Waller		Crossfit Waller		Crossfit Waller		
1215						Cycle&CoreWaller 2nd & 4th Saturday	
1230				SRU PT*			
1330		Behavioral Health Yoga*			Please note: Credit card is the ONLY payment option. Masks MUST BE WORN during class if you are not fully vaccinated. Make sure you practice 12' social distancing while exercising. Please make sure to sanitize all equipment used in class.		
1630			Cycle@Ivy				
1700				Total body HiTT			
1715	Cycle&CoreWaller	Crossfit Waller	Cycle&CoreWaller	Crossfit Waller			
1715			OlympicLift@Waller				
1830			Zumba				

IVY FITNESS CENTER



More Events and Info at
carson.armymwr.com



carson.sports
CarsonDFMWR



@carsonmwr
#CarsonMWR



Ivy Fitness Center
F415 Specier Center Building 1925
Fort Carson, CO 80915

Keep up to date with local events and deals with the
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Fort Carson Army Education Center



UPDATED 05/25/2021



Fort Carson Education Center

SERVICES AND CONTACTS ~CALL 719-526-2124 FOR ADDITIONAL INFORMATION

COUNSELING SERVICES:

(TA, Credentialing, Clearing, Memos, Holds, General Guidance)

*****APPOINTMENT REQUIRED*****

For Appointments, please email your assigned counselor:

Last Names A-C: BILLIE.R.ELLIOTT.CTR@MAIL.MIL

Last Names D-I: AMANDA.E.FLYNN.CTR@MAIL.MIL

Last Names J-P: KATHRYNE.M.JONES.CIV@MAIL.MIL

Last Names Q-S: BILLIE.R.ELLIOTT.CTR@MAIL.MIL

Last Names T-Z: BONNIE.M.RIVERA.CIV@MAIL.MIL

To schedule a tailored education brief for your unit, email:
BONNIE.M.RIVERA.CIV@MAIL.MIL

Scan for all of our
Info, forms, & briefs



MLF (COMPUTER LAB): 0800-1600

OPEN with limited capacity, you may be asked to wait in your vehicle. 24 maximum capacity.

COLLEGE CONTACTS:

(Applications, Advising, TRIO financial aid assistance)

PPCC: 719-502-4200 mvp@ppcc.edu

UCCS: 719-526-8066 jyoung6@uccs.edu

ERAU: 719-576-6858 ColoradoSprings@erau.edu

CSUP: 719-586-6930 korine.new@csupueblo.edu

UMGC: 719-526-8075 baseadvisor@umgc.edu

TRIO: 719-526-6818 robin.young@csupueblo.edu

TESTING SERVICES:

(AFCT, DLPT, DLAB, **ECLT**, **BMST**, SIFT, TABE)

Email the testing office for scheduling and 4187 submission-NO WALK-INS. Testing Office Email:

USARMY.CARSON.IMCOM.MBX.DLPT-TESTING@MAIL.MIL

blank 4187s located on our Facebook page:
<https://www.facebook.com/FortCarsonArmyED/>

BSEP CLASSES

Call 719-526-2124 for more information. TABE required for new students. Prior TABE scores valid for 1 year. Virtual BSEP can be completed at: www.nelnetsolutions.com/dantes. Email your assigned counselor (to the left) for BSEP/GT scheduling. **YOU MUST INCLUDE:**

- FULL NAME/RANK
- UNIT
- DOD ID NUMBER
- COMMANDER EMAIL & PHONE NUMBER
- MOS
- EMAIL/PHONE
- INCLUDING MIL EMAIL
- GT SCORE
- **TABE SCORES (IF AVAILABLE) FOR READING & MATH—REMOVE THIS ONE**
- CLASS PREFERENCE (4 WEEK MORNING OR AFTERNOON, OR 2 WEEK FULL-DAY) YOU MAY BE PLACED ON A WAITLIST

CLEARING:

- **ETS, Retirement, Med-board**—Clearing completed Tuesday 0930-1130 and Thursday from 1200-1400 via self-guided brief (+dedicated counselor present)
- **Chapter**—(leaving during first enlistment + general discharge) Email your assigned counselor for an appointment. Or call appointment line: 719-526-8068
- **By-Proxy**—Please email JUANITA.OFFICER.CTR@MAIL.MIL
- PCS-No stamp/clearing actions required for PCS moves

Keep up to date with local events and deals with the



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**Fort Carson Education Center
On - Post College Schedule
FALL 2021**



Subject	Cse #	S.H	Title	Days	Start	End	Room #	Type
COLORADO STATE UNIVERSITY - PUEBLO (CSU-P) 719-586-6930						16 AUG - 08 OCT		
POLS	271	3	Terrorism	T, W, R	1715	1915	205	C
COLORADO STATE UNIVERSITY - PUEBLO (CSU-P) 719-586-6930						11 OCT - 10 DEC		
MATH	156	3	Intro. To Statistics	M, T, W, R	1715	1840	205	C
EMBRY-RIDDLE AERONAUTICAL UNIVERSITY (ERAU) 719-576-6858						02 AUG - 03 OCT		
ACCT	210	3	Financial Accounting	M	1800	2120	~	EVC
HUMN	330	3	Values and Ethics	T	1800	2120	~	EVC
SFTY	440	3	System Safety Management	T	1800	2120	~	EVC
RSCH	202	3	Intro. To Research Methods	W	1800	2120	~	EVC
ASCI	491	3	Operational Operations in Aeronautics	W	1800	2120	~	EVC
CSCI	123	3	Intro. To Computing for Data Analysis	R	1800	2120	~	EVC
PHYS	102	3	Explorations in Physics	R	1800	2120	~	EVC
PIKES PEAK COMMUNITY COLLEGE (PPCC) 719-502-4200						30 AUG - 24 OCT		
AAA	109	3	Advancing Academic Achievement	T	1730	2010	208	HY
CCR	094	3	Studio 121	W	1730	2010	208	HY
ENG	121	3	English Composition I:CO1	R	1730	2010	208	HY
PIKES PEAK COMMUNITY COLLEGE (PPCC) 719-502-4200						18 Sep - 12 Dec		
AAA	109	3	Advancing Academic Achievement	S	0930	1135	208	HY
ENG	121	3	English Composition I:CO1	S	0930	1135	TBD	HY
HWE	100	3	Human Nutrition	S	0930	1135	TBD	HY
MAT	025	1	Algebraic Literacy Lab	S	0800	0915	TBD	HY
MAT	055	4	Algebraic Literacy	S	0945	1200	TBD	HY
PSY	101	3	General Psychology I :SS3	S	0930	1135	TBD	HY
PIKES PEAK COMMUNITY COLLEGE (PPCC) 719-502-4200						25 Oct - 19 Dec		
AAA	109	3	Advancing Academic Achievement	W	1730	2010	208	HY
ENG	122	3	English Composition II:CO1	T	1730	2010	TBD	HY
MAT	107	3	Career Math	T	1730	2010	TBD	HY
PSY	235	3	Human Growth & Development: SS3	W	1730	2010	208	HY
UNIVERSITY OF MARYLAND GLOBAL CAMPUS (UMGC) 719-246- 3952						18 AUG - 12 OCT		
IFSM	201	3	Concepts&Applications of Info. Technology	M	1800	2100	~	RE
BIOL	103	4	Introduction to Biology	W	1800	2200	~	RE
UNIVERSITY OF MARYLAND GLOBAL CAMPUS (UMGC) 719-246- 3952						20 OCT - 14 DEC		
WRTG	393	3	Advanced Technical Writing	M	1800	2100	~	RE
ARTH	334	3	Understanding Movies	W	1800	2100	~	RE
UNIVERSITY OF COLORADO - COLORADO SPRINGS (UCCS) 719-526-8066						23 AUG - 19 OCT		
CHEM	1001	3	Pre-Chemistry	R	1700	2000	304	HY
CHEM	1401	3	General Chemistry I	T	1700	2000	304	HY
CHEM	1402	3	General Chemistry I LAB (Dry Lab Kit)	T	1700	2000	304	HF
LEAD	1200	3	Foundations of Adaptive Leadership	W	1700	2000	304	HY
UNIVERSITY OF COLORADO - COLORADO SPRINGS (UCCS) 719-526-8066						23 OCT - 18 DEC		
CHEM	1411	3	General Chemistry II	T	1700	2000	304	HY
CHEM	1412	3	General Chemistry II LAB (Dry Lab Kit)	T	1700	2000	304	HF
LEAD	1600	3	Leading Teams and Organizations	W	1700	2000	304	HY
BIOL	1300	3	General Biology II	S	1030	1230	304	HY

Days: M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=Saturday, A=Arranged Schedule.

Type: C= Classroom, HY=Hybrid- combines classroom & online learning, EVC=Eagle Vision Classroom-LIVE Instructor webcast in classroom, RE=Remote (synchronous online on scheduled days and times), HF= Hyflex course (hybrid with flexibility)

TBD=To Be Determined

Schedule is subject to change. Please see a College Representative for more information.

Keep up to date with local events and deals with the



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Explore Your Education Center Opportunities



at our **Fun In the Sun** Mini-Education Fair Series

When? 1100-1400, August 6th, 13th, and 20th.

Where? Outside Bldg. 1117 (north side) next to Long Street.



- Learn about Active Duty Education Benefits
- Spouse educational funding opportunities
- Explore Degrees and Certificate Programs
- Find out about classes taught on-post
- Talk to on-post school representatives

Cold drinks and snacks provided



CSU PUEBLO



University of Colorado
Colorado Springs

EMBRY-RIDDLE
Aeronautical University



Military & Veterans Programs
PIKES PEAK COMMUNITY COLLEGE



UNIVERSITY OF MARYLAND
GLOBAL CAMPUS

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Fort Carson

University of Colorado

Colorado Springs

WRITING WORKSHOP

with UCCS Adaptive Leadership Coordinator,
Sarah Fillman



*College Level Writing Tips
Scholarship/Grant Writing
Time Management Skills*



Scan QR code to register



Every 2nd Wednesday of the month

4:30pm-6:00pm

Ft. Carson Education Center

OPEN TO ALL MILITARY AND FAMILIES
WALK-INS WELCOME

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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

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BUST DRINKING MYTHS

Have you or your buddies ever heard the following myths?

IT'S TIME TO GET THE FACTS

MYTH

Beer before liquor, never been sicker; liquor before beer, in the clear.



FACT

How much alcohol you have affects how drunk, sick or hungover you get – not the type or order of the alcohol.

MYTH

Coffee or a cold shower will sober me up.



FACT

Time is the only thing that can help you sober up. Since your body can only process so much alcohol at a time, neither caffeine nor a cold shower will improve your coordination or judgement.

MYTH

A drink before bed will help me sleep better.



FACT

Drinking alcohol before bed might cause you to wake up in the middle of your sleep and make it harder to get quality sleep.

MYTH

Alcohol can ease my chronic pain.



FACT

While drinking may ease chronic pain in the moment, it's only temporary. In fact, this type of alcohol misuse could possibly increase pain in the long-term by damaging your nerves.

MYTH

Alcohol can be substituted for food.



FACT

Alcohol contains a lot of calories which is why your body feels a short burst of energy when you drink. However, it doesn't contain the nutrients your body needs and is not a substitute for food.

Visit ownyourlimits.org to make sure you know the facts about drinking.

OWN YOUR LIMITS
SERVE HONORABLY.
DRINK RESPONSIBLY.

www.ownyourlimits.org



U.S. DEPT. OF DEFENSE

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"ASK CAL"

Answering the Fort Carson community's questions about balancing life, work and family.



(719) 526-2196

Calvin.N.Lidmark.civ@mail.mil

Dear Cal,

I suspect that one of my coworkers has been drinking alcohol while on the job. I'm worried about him, but I also don't want to get him in trouble. What should I do?

ANSWER:

Although most people have no trouble behaving professionally while at work, a few may use drugs or alcohol on the job. Not only do these create disruption and safety concerns, but they are a violation of regulation and create potential harm to those we serve and to other coworkers.

If you know of a coworker who is using drugs or alcohol in the workplace, there are a few things you can do to report the problem. Alert your manager or supervisor to the fact that you are aware of an employee who is using drugs or alcohol during work. S/he can take the appropriate actions to handle the employee, although you may be required to speak to human resources or an upper-level manager about the incident. Let your manager know if you prefer to remain anonymous.

Avoid confronting your coworker on your own or telling other co-workers about the situation. Doing so will only create the potential for danger and the spreading of rumors. Your co-workers likely can't do anything more than you can to resolve the situation anyway, so it's best to tell only management and human resources. You may suggest the impaired co-worker consider contacting the Employee Assistance Program (EAP) for help. Regardless, your supervisor or manager will notify the EAP and provide the impaired coworker with a referral once they are involved or become aware of the situation.

DoD Instruction 1010.09 addresses the role of the EAP in the Drug Free Workplace. There are specific regulations against possession or use of alcohol on the job and against reporting for work while under the influence of alcohol. No federal law protects an employee who violates such policies. Testing designated positions are especially critical to the mission and leadership must address any employee impairment. The hospital provides a program to assist impaired health care personnel with rehabilitation and keeping their jobs and maintaining their credentials. However, that does not mean there won't be any disciplinary action taken. Even so, you are doing the right thing by reporting in order to protect the health and well-being of the impaired employee, promote safety in the workplace, and doing your part to ensure that we effectively support the mission.

[Submit Your Question By Clicking HERE](#)

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**COMMUNITY
NEWSLETTER**

Shoulder to Shoulder

NO SOLDIER STANDS ALONE

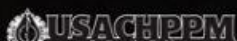
Prevent suicide. Be willing to help.



It is your responsibility to stand by your fellow Soldier.

Talk to your Chaplain or Behavioral Health Professional or call Military OneSource 1-800-342-9647

www.militaryonesource.com



Suicide Prevention Lifeline

**Call 1-800-273-8255 or Text 838255
TO GET HELP NOW!**

Safe Exchange Location

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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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TAPS
Tragedy Assistance Program for Survivors

TAPS invites those currently serving in the military, veterans, and military survivors to volunteer as a mentor for the Mountain Regional Military Survivor Seminar and Good Grief Camp. The world changes for a grieving child when someone is there for them — and that's where you come in.

In the Good Grief Camp, children and teens grieving the loss of a loved one who served in the military come together from all over the region to create lasting friendships, learn coping skills, build resiliency, and honor their fallen service member.

Children learn through active play, and the curriculum is designed to meet each child where they are in their grief journey. The one-on-one attention give each child the companionship and support needed to feel comfortable connecting with others and engaging in activities. You'll definitely create lasting memories and feel pride in yourself for the work you've done.

For more information and to register, please visit www.taps.org/militarymentor or email youthprograms@taps.org with any questions or concerns.



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**COMMUNITY
NEWSLETTER**

DOD Prioritizes Military Spouse Input, Launches 2021 Active Duty Spouse Survey



U.S.
DEPT OF
DEFENSE

Spouses can visit the Department of Defense
Office of People Analytics survey portal to
complete the short survey.

[CLICK HERE](#)

About Military Community and Family Policy

Military Community and Family Policy is directly responsible for establishing and overseeing quality-of-life policies and programs that help our service members, their families and survivors be well and mission-ready. Military OneSource is the gateway to programs and services that support the everyday needs of the 5.2 million service members and immediate family members of the military community. These Department of Defense services can be accessed 24/7/365 around the world.

TO LEARN MORE, CONTINUE TO THE NEXT PAGE

2021 Active Duty Spouse Survey

Keep up to date with local events and deals with the



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The Department of Defense announced today the launch of its long-running biennial Active Duty Spouse Survey. For the first time, every active-duty spouse will have an opportunity to provide feedback about their military life experience. The Department encourages all active-duty spouses to participate in this survey.

“We are committed to taking care of our military spouses, and these surveys will allow us to engage in deeper dialogue with them and help us prioritize solutions that meet their most pressing needs,” said Deputy Assistant Secretary of Defense for Military Community and Family Policy Patricia “Patty” Montes Barron. “We’re proud of the progress we have made on important spouse issues, especially around stress, relationship support and employment. We know there is more to do, and these survey results will help guide our next steps.”

The Active Duty Spouse Survey provides the DOD with a barometer on how to adjust family policy and programs in the coming years, gathering data on issues, such as military benefits, financial stability, spouse employment, child care, and the overall health and well-being of spouses, children and families.

“Our surveys can create meaningful change for military families, and each one has highlighted important trends,” said Director of the Center for Retention and Readiness in the Office of People Analytics Dr. Paul Rosenfeld. “For example, the 2019 survey brought attention to the increasing lengths of time for spouses to find a job after a permanent change of station move, which led to adjustments to spouse licensure and other programs. Hearing the voice of all military spouses is critical for gaining the insight the DOD needs to deliver on its priority to help military families thrive.”

While some spouses will be randomly selected for the scientifically sampled survey, this year the department is also offering an opportunity to all active-duty spouses to provide their feedback on key issues, challenges, and concerns. Spouses can visit the Department of Defense Office of People Analytics survey portal to complete the short survey.

For important information about the military community, including the most recent survey results, infographics, research reports, and demographic profiles, visit Military OneSource.

[SOURCE](#)

Keep up to date with local events and deals with the



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PRE-DEPLOYMENT FAIR



AUGUST 11, 2021 | 0900-1700
IVY FITNESS CENTER
6415 SPECKER AVE., BLDG. 1925

Soldiers and Families can use this opportunity to learn about the resources available while their loved ones are deployed

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**COMMUNITY
NEWSLETTER**

Presented
by Alize Mack

THE BACK TO SCHOOL POP-UP SHOP

Free!!
Children
Haircuts!

**08/07/21
@12pm-6pm**

School
supplies &
Backpack
giveaway!

Mission trace center @ 3031 SAcademy
Blvd. 80916

Food!



**Face
Painting!**

Accessories



Keep up to date with local events and deals with the



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PIKES PEAK UNITED WAY & COSILOVEYOU PRESENT

BACKPACK BASH



Come join us at your nearest Backpack Bash! Backpacks stuffed with school supplies will be handed out at each location via drive-thru or a walk up event.

Attendance Details

- Each family is allowed to attend ONE Backpack Bash.
- Backpack distribution will happen via drive-thru or walk-up depending on location. Mask requirements will therefore vary by location as well.
- **Your child must be present to receive their FREE backpack.**
- Additional services will vary by location.



For more info, visit
backpackbash.com

Location Details

July 31

9am-1pm

Southeast: Sierra High School

2250 Jet Wing Dr

East: Mountain Springs Church

7345 Adventure Way

Widefield: Pikes Peak Christian Church

4955 Bradley Rd

August 7

9am-1pm

Central: Doherty High School

4515 Barnes Rd

Monument: Tri-Lakes YMCA

17250 Jackson Creek Pkwy

West: Coronado High School

1590 W Fillmore St

Downtown: Hillside Community Center

925 S Institute St

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Onebody Ent/K-Land Community Cares
PRESENTS

5th Annual
BACK
→ to ←
SCHOOL
Backpack Giveaway

**GIVING OUT FREE
BACK-PACKS ON
SUNDAY
AUGUST 15, 2021 FROM
2:00PM-6:PM
AT INTERNATIONAL
SALON & SPA**

- Backpack w/ supplies
- Free Hair Cuts (for Boys & Girls)
- Refreshments provided by Taste Bud Rescue
- Perfect Ice Cream Treats

**KIDS MUST BE PRESENT TO
RECEIVE BACKPACK**

5707 N. Academy Blvd.
FOR MORE INFORMATION
CALL US AT (719) 502-7103
OR VISIT US ONLINE AT
WWW.ONEBODYKLCC.ORG

 *Sponsored by Ebenezer Baptist Church*

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Medicare Series



The PPACG Area Agency on Aging and Security Public Library have joined together to offer these classes providing the knowledge and tools that older adults need as they approach Medicare.

July 14 | 12:00 PM

Medicare and Tricare Lunch and Learn: An Intro to What You Need to Know

Learn about the things the retired military community needs to know about becoming eligible for Medicare and how Medicare coordinates with TriCare coverage.



August 11 | 12:00 PM

Don't Get Scammed

Learn about the latest Fraud and Scams targeting Older Adults and tips on how to Detect, Report and Protect yourself and your loved ones, from becoming a victim.



September 15 | 5:30 PM

Medicare Open Enrollment

Learn about 2022 Medicare Drug Plans and Medicare Advantage Plans

Classes are provided at no cost
Registration Required
[PPACG.org/events](https://ppacg.org/events)

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COMMUNITY NEWSLETTER



Fostering Resilience in Early Education (FREE)

Are you a grandma, aunt, nanny, friend, or neighbor watching young children?



Join a Connection Cafe today!

- Individualized self-care planning
- \$100 to support self-care practices in your home
- Monthly social networking opportunities
- One-on-one coaching or training to support self-care
- Mindfulness activities to support adult and child well-being

Contact: Kim Santaniello, FFN FREE Coach | KSantaniello@jointinitiatives.org | 719.650.3736



**Rocky Mountain
Prevention Research Center**
colorado school of public health

**Alliance
for Kids**



**JOINT INITIATIVES for
YOUTH & FAMILIES**

Principal Investigators: Dr. Charlotte Farewell and Dr. Jini Puma

This project is funded by The Colorado Springs Health Foundation and the Temple Hoyne Buell Foundation IRB Protocol # 20-1235

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MILITARY COMMUNITY CAREER FAIR

FREE EVENT!

DENVER



SCAN QR CODE TO REGISTER

EMPOWER FIELD AT MILE HIGH

1701 BRYANT STREET

DENVER, CO 80204

THURSDAY, AUGUST 19, 2021

CAREER OPPORTUNITIES

- ENGINEERING
- TECH/CYBER SECURITY
- TRANSPORTATION
- LOGISTICS
- MAINTENANCE
- ...AND MORE!

HOW WE'RE KEEPING YOU SAFE*

- MASKS
- SOCIAL DISTANCING
- ONE-WAY TRAFFIC
- SPACED BOOTHS
- PAPER-FREE

*See registration site for event
specific safety protocols

PRE-REGISTER NOW:
[RMVETS.COM/DENJUNE24](https://rmvets.com/denjune24)

No Federal or DoD endorsement implied



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RECRUIT MILITARY®

Central Region Virtual Career Fair

FREE Online Recruiting Event Open to all U.S. Military Job Seekers and Spouses

Tuesday, August 10, 2021 | 11am - 3pm CST



REGISTER NOW: rmvets.com/CENAUG

CONNECT directly with employers in real-time.

CAREER OPPORTUNITIES IN

- » Engineering
- » Tech/Cyber Security
- » Transportation
- » Logistics
- » Maintenance
- » and more!



Questions: support@recruitmilitary.com

Contracted as a primary employment service provider to the U.S. Army, RecruitMilitary is the industry leader providing resources to all branches of the U.S. Military.

NO FEDERAL OR DOD ENDORSEMENT IS IMPLIED.

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MEDICARE MENTORS LLC

**“In Person” Medicare Enrollment Seminar for
VA Healthcare, TRICARE for LIFE, and
CHAMPVA Beneficiaries**

Enrollment periods may apply

**WEDNESDAY, August 11th
2PM**

**Mt. Carmel Veterans Service Center
530 Communication Circle, Colorado Springs, CO 80905**

CALL 719 377-9801 (TTY 711) to RSVP

This number will connect you to a licensed Medicare insurance broker ready to help you with your Medicare needs at NO COST or obligation.



**Are you a Veteran/Retiree? Are You Turning 65?
Got TRICARE, VA Healthcare or CHAMPVA?**

If You are New to Medicare:

- Learn about your Medicare coverage options
 - Find out how and when you can sign up

If You already have Medicare:

- Review your Medicare health and drug coverage

Keep up to date with local events and deals with the



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BABYSITTER'S COURSE

What will youth learn in this class?

We walk youth through the ins and outs of what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter.

The babysitter's class consists of eight modules designed to teach youth the basics of childcare and how to run a successful babysitting business. Youth will be able to register with the Parent Central Services database of babysitters after completion of the course.

Day 1, 0800-1400

- I'm Alone: Staying Home Alone—Help youth understand how to be safe when staying home alone.
- Babysitters Course: Youth will learn about the ages and stages of child development, safety, food and nutrition, how to handle emergency situations, fun activities to do with children and babysitting as a business.

Day 2, 0800-1200

- CPR/First Aid—Youth will become Red Cross certified on CPR and First Aid

To register for this class contact:

Parent Central Services (719)526-1101/8220 or Fort Carson Youth Center. (719-526-2680)

Class size is limited to 15.

Upcoming classes:: August 21 and August 28 or September 18 and September 25.
Youth must attend both Day 1 and Day 2 to become a certified Babysitter

Keep up to date with local events and deals with the



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EVANS ARMY COMMUNITY HOSPITAL
PRESENTS THE
**FORT CARSON
BABY EXPO**

FEATURING CLASSES, RESOURCES AND GIVEAWAYS
FOR BENEFICIARIES IN THE PIKES PEAK REGION

AUGUST 14, 2021

9 A.M. TO 1 P.M.



SCAN+RSVP

to win prizes!

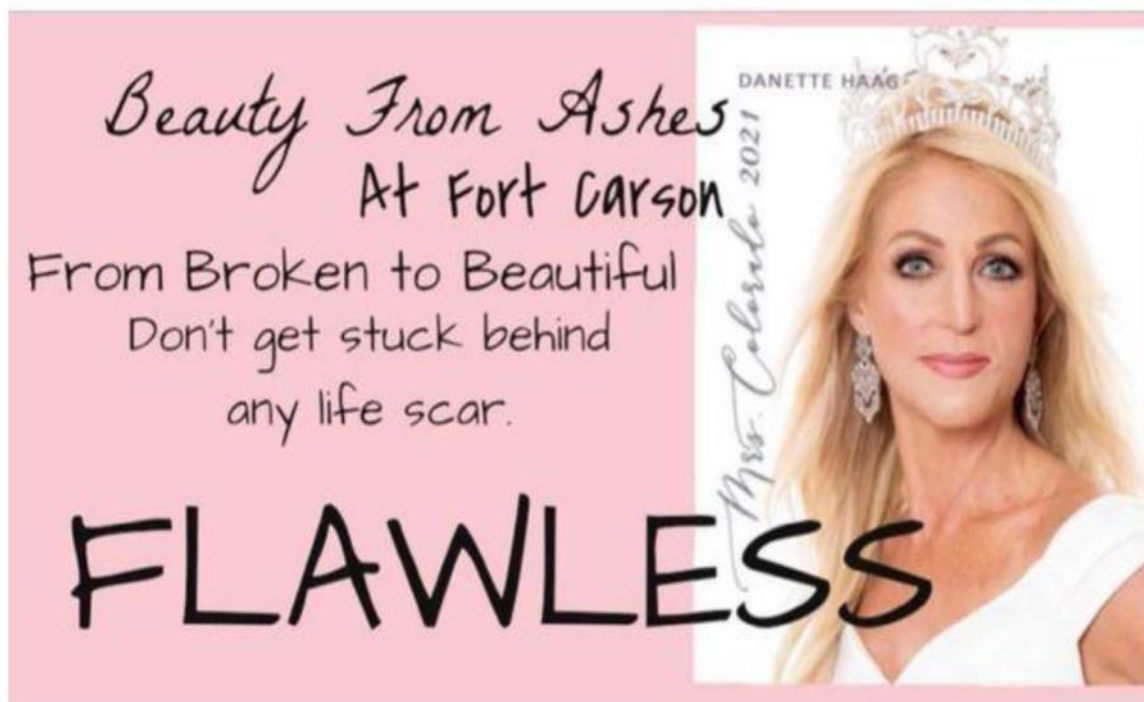


Keep up to date with local events and deals with the



PASS IT ON

**COMMUNITY
NEWSLETTER**



TUESDAY, AUGUST 31, 2021 AT 10 AM MDT – 12 PM MDT

Flawless

Free • Fort Carson, Colorado

“Inspiring others to see the beauty and gifts that they possess. Teaching how to find life's gifts even in the midst of pain. A physical, emotional, and deeply spiritual journey that has set my soul on fire to encourage others to heal from their own pain.”

FOR ALL FEMALES: MILITARY, FAMILY MEMBERS, OR CIVILIANS

LOCATION: Family Life Chapel, Bldg. 1659.

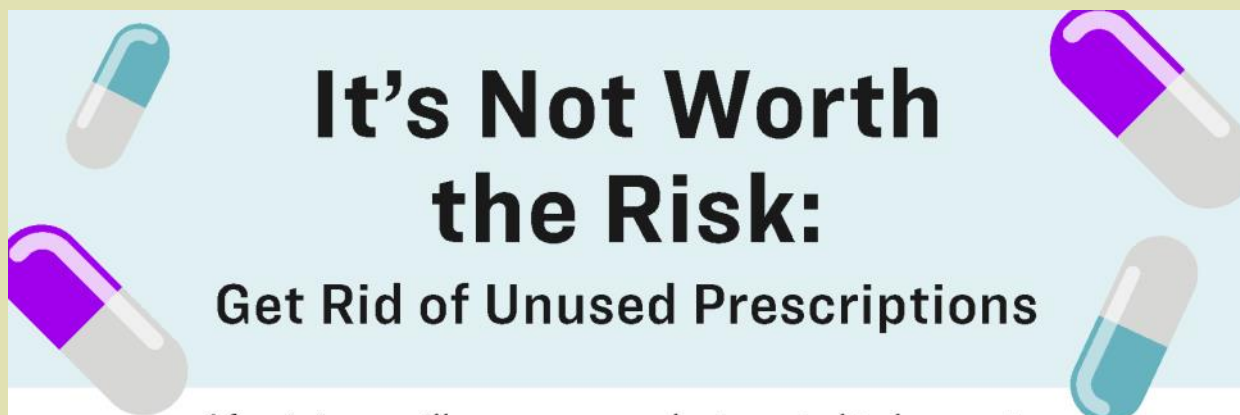
(The corner of Barkeley and Prussman Blvd)

RSVP to Cathy Howell by 20 Aug 21: Cathy.L.Howell.civ@mail.mil

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It's Not Worth the Risk:

Get Rid of Unused Prescriptions

After injury or illness, you may be tempted to keep extra medicine "just in case" or to share with others, but...

it's not worth the potential risks:



Job Disqualifier



Disciplinary Action



Unknown Medical Interactions



If you are in the U.S. or a U.S. Territory, there are two ways to properly get rid of prescription drugs.

Option 1:

The Drug Take Back program at your military treatment facility.

Option 2:

Go to takebackday.dea.gov to find a public disposal location near you.

If the first two options are not available:

Check the [Food and Drug Administration \(FDA\) flush list](#) to see if your medication can be flushed.

If you cannot get to a disposal location and your medication is not on the FDA flush list:

- › Remove medications from the bottle, mix with an unappealing substance (like coffee grounds) and throw away.
- › Remove all personal information on the label of the bottle. Then trash or recycle the empty bottle or packaging.



**GET THE TRUTH
ON RISKY DRUG USE**

www.toomuchtolose.org



**U.S.
DEPT OF
DEFENSE**

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MISSION: HEALTHY BABY®

Mission: Healthy Baby® is designed specifically to address the unique needs of military families. Military families sacrifice a great deal and many are relocated to bases away from family and friends. 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.

This year's event will be virtual and will shower over 1,000 moms with education, baby items and more. Moms will have the chance to network with other moms-to-be and learn about support networks we've set up to address their specific needs, including online community resources.

TIMELINE:

- **July 12:** Registration opens—moms will need to register using this link:
https://marchofdimes.formstack.com/forms/military_baby_shower_2021
- **September 1:** Registration closes.
- **Late September/October:** Becoming a Mom sessions—these are free online education classes for moms where additional gifts will be given away.
- **November 13:** National virtual military shower—moms must attend this event to receive the free baby items, which will be shipped directly to their home within 4-6 weeks of the shower. (Time of shower TBD.)

ELIGIBILITY TO ATTEND:

- All military families that are E5 rank or below.
- Must be pregnant at the time of the shower.



For more information, please contact Meredith Repik at mrepik@marchofdimes.org or 843-614-3355.

SIGN UP TODAY

PHILIPS

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FREE Movies on the Field

All movies will start at dusk on the RED field at Widefield Parks & Recreation.



The big screen on the infield of Red will be viewable for all spectators in the outfield. Participant groups will have designated spaces that are appropriately distanced apart and are encouraged to remain in their area for the duration of the show.

Capacity limitations set by El Paso County will be followed.

Food trucks and restrooms will be available onsite.

FRIDAY FAMILY MOVIES

~~May 21 - Onward~~

~~June 11 - The Croods: A New Age~~

~~July 9 - Sonic the Hedgehog~~

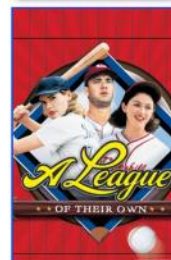
August 20 - Tom & Jerry



THROWBACK THURSDAY DATE NIGHT MOVIES

~~June 24 - Grease~~

~~July 22 - A League of Their Own~~



WIDEFIELD PARKS & RECREATION

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

705 Aspen Drive, 80911



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MILITARY & VETERAN WOMEN'S GROUP

SUPPORT IN SHARING AND
INTEGRATING EXPERIENCES,
SELF-GROWTH, & COMMUNITY

Fridays
1230-1330

**FEMALE-IDENTIFYING
ANY BRANCH, ANY ERA, ANY STATUS**

Contact Tegan (303) 525-7660
to join or get more information



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Adult Reading Program

Challenge yourself to get out of your comfort zone and read from a variety of different fun and quirky categories. Fill up your "bookshelf" and win great prizes! Complete the entire page and be entered into the Grand Prize drawing!!

Game and Gab

Ready to get out of the house and safely socialize again? Join us on the library patio every Monday from 10am to noon through the end of August for games and conversation. Pick from a variety of tabletop games or join in a game of pickleball! Brought to you by SPL, Widefield Park and Rec, and Fountain Valley Senior Center.

Upcycle Crafts

We are turning trash into treasure with our series of crafts made from previously used materials. Be sure to save your plastic bottles and soup cans!

All of June - Take and Make plastic bottle crafts. Pick a kit up at the library.

Saturday, July 17th at 10 a.m. (on the library patio, registration required) - Tin Can Garden Pals

August 7th 10 a.m. (on the library patio, registration required) - Recycled Wood Crafts

Kindness Challenge

Join us as we spread a little kindness this summer. Pick up a Kindness Challenge sheet at the library for a list of little things you can do to make someone's life a lot nicer. The first 100 participants receive a wristband, but everyone can add their star to the Wall of Kindness. Come back in July and make a Little Bit-O-Kindness Jar to give to a friend. All ages welcome for this program!



Security Public Library

715 Aspen Drive
Colorado Springs, Colorado 80911 | 719-391-3191
www.securitypubliclibrary.org

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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



If you'd like to
learn more about
Colorado Pre-
school Program |
Head Start | Early
Head Start

[Click HERE!](#)



DID YOU KNOW?

**WE ARE ON
INSTAGRAM**

Follow us @cpcdhs

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THE JUSTICE CENTER

**WEDNESDAY NIGHTS
7 PM - 9 PM**

FREE

LEGAL

ADVICE

CALL (719) 473-6212

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YARD SALE

EVERY 1ST & 3RD SATURDAY
MAY THROUGH DECEMBER

~~May 1 & 15~~

Sep 4 & 18

~~Jun 5 & 19~~

Oct 2 & 16

~~Jul 3 & 17~~

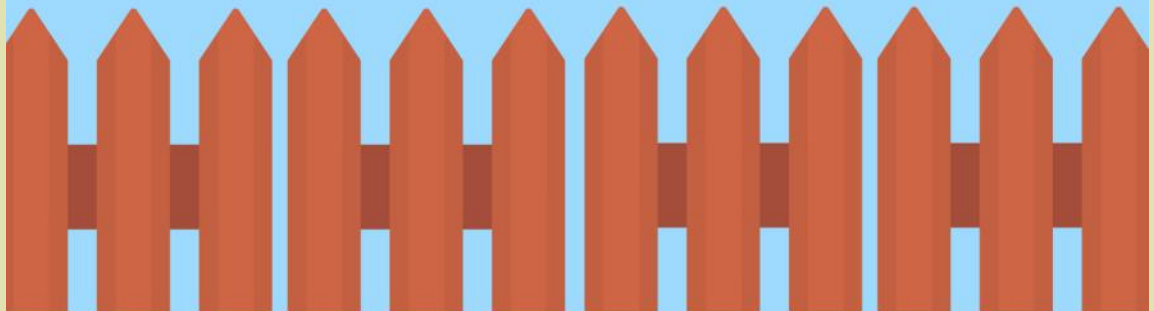
Nov 6 & 20

Aug 7 & 21

Dec 4 & 18

You may not post signs to any fixed structure. If you place yard signs in the community they must be removed next day.

-Must follow current Covid-19 guidelines-



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Connect with WIC today:

- Request an appointment at ColoradoWICsignup.com
- Visit ColoradoWIC.com
- Call 1-855-855-4626 (Food Resource Hotline)

WHAT IS WIC



WIC does not ask for, keep, or share information regarding visa status or citizenship. This institution is an equal opportunity provider.

EMPOWERING FAMILIES
WITH FOOD, NUTRITION
EDUCATION, AND MORE



HALF OF ALL INFANTS BORN IN COLORADO ARE ON WIC.

WHAT IS WIC?

WIC is the nation's most successful public health nutrition program. We provide healthy food, nutrition education, breastfeeding guidance, and community support to income-eligible pregnant women, moms of infants, and children up to 5 years old.

WHO IS ELIGIBLE?

- Pregnant women.
- Mothers of babies up to 6 months old.
- Mothers who are breastfeeding babies up to 12 months old.
- Babies and kids up to 5 years old.

Many people don't realize they're eligible for WIC. Households with a low to medium income or who receive Medicaid, SNAP, TANF or FDIPIR are income-eligible for WIC.

WE'RE HERE FOR YOU

Did you know? Colorado WIC offers:



HEALTHY FOOD + NUTRITION TIPS

We help you feed your kids nutritious meals.

We provide:

- Monthly benefits to buy fruits, vegetables, whole grains, iron-rich foods, milk, cheese, yogurt, formula and more.
- An EBT card and smartphone app to make shopping for WIC foods easy.
- Tips on how to shop for healthy food, how to cook it, and how to encourage your kids to eat it.
- A larger food package for mothers who breastfeed exclusively to help them stay healthy.



A COMMUNITY OF SUPPORT

We offer a network of experts and peers for education and guidance:

- Nutritionists.
- Breastfeeding specialists.
- Breast pumps.
- Mother-to-mother support.



REFERRALS

We introduce you to care beyond WIC, including:

- Healthcare professionals such as pediatricians and dentists.
- Immunization services.
- Other services.

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**COMMUNITY
NEWSLETTER**



12:00 PM (noon)

1st Tuesday of each month
(Zoom call)

for Teller, Fremont & Park County Veterans

The Veteran Support Group is designed to allow veterans the opportunity to share ideas and thoughts in common goal barriers in collaboration and support of each other. Topics can range from PTSD to everyday living in a civilian community. Our peer support group will focus on helping veterans and their families manage the stresses they share. Group interaction encourages vets of all ages and eras to learn to access policies they may find useful in easing transitions.

**Please contact Brock Ernst for more information, to RSVP for Zoom
and/or to request accessibility accommodations at
719-660-0528 or bernst@the-ic.org.**

**Main Office: 729 South Tejon St. Colorado Springs, CO 80903 | theindependencecenter.org
719-471-8181 | Video Phone for the Deaf 719-358-2513**

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23RD ANNUAL

STAND DOWN

For Colorado's Homeless Veterans

Tue 21 Sept 2021

1000 -1500 Hours



**VA & COMMUNITY REPRESENTATIVES
WILL BE ON SITE!**

Clothing • Boots • Personal Care Items
Box Lunches • Flu Shots • VA Medical Care
VA and Rocky Mountain Human Services
Veterans Administration • VA Claims Assistance
DD-214 Assistance • Veterinary Care

@317 E Kiowa St (Parking Lot of 1st Baptist Church)

MORE INFO & RESOURCES: www.epchvc.org

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2021 SCHEDULE

FREE LEGAL SELF-HELP CLINIC

FOR PARTIES WITHOUT AN ATTORNEY
Generously hosted by your FOUNTAIN LIBRARY and
your PIKES PEAK LIBRARY DISTRICT

FIRST MONDAY OF EVERY MONTH

3:30 PM – 5:00 PM

Fountain Library, Pikes Peak library District
230 S Main St, Fountain, CO 80817

FREE CLINIC IS OPEN
TO ALL AREA RESIDENTS!!

~~January 4, 2021~~

~~February 1, 2021~~

~~March 1, 2021~~

~~April 5, 2021~~

~~May 3, 2021~~

~~June 7, 2021~~

~~No July Clinic (July 4th Holiday)~~

~~August 2, 2021~~

No September Clinic (Labor Day)

October 4, 2021

November 1, 2021

December 6, 2021

Volunteer attorneys will assist each clinic patron individually

To be added to the sign-up sheet,
please call (719) 531- 6333 ext 6058

A FREE legal clinic for parties who have no attorney. As a COVID work-around, instead of clinic patrons coming in-person to your local public library (*which has limited access*), the volunteer attorney will call the clinic patron's telephone directly, using the phone number provided to your library staff. Volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for civil legal issues, including family law, civil litigation, property law, probate law, collections, appeals, landlord-tenant law, veteran's benefits, and civil protection orders.

The volunteer attorneys do not represent you just because they help you at this clinic. This clinic is information only, and is no substitute for legal representation. You have the right to retain an attorney of your choice at any time, and are advised to do so.

If possible, patrons are encouraged to have their desktop, laptop, or tablet available during the call.

www.checkerboard.co for one-click access to all forms, statutes, videos, instructions & flowcharts