

Keep up to date with local events and deals with the



**PASS IT ON** COMMUNITY NEWSLETTER

# **DOMESTIC VIOLENCE AWARENESS MONTH**

**(719) 243-7907 Call or Text**

**24/7 Fort Carson Domestic Violence Hotline**

# **UNITED AGAINST DOMESTIC ABUSE**

**18 October 2023**

*No Fort Carson/ Army Endorsement Implied*

*Our mission at ACS is to prepare and empower our Total Military Family to meet the challenges of military life by providing essential programs, resources, and services that enhance knowledge, life skills, well-being, quality of life, and retention.*

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

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## Community Events Bulletin

### Energy Action Month poster contest-

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

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

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

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

Email submittals must include the following:

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

For more information, email [susan.c.galentine.civ@army.mil](mailto:susan.c.galentine.civ@army.mil).

### Fort Carson TAP Events and Tips-

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

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

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

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## Community Events Bulletin

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### Digital Garrison app-

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

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### Cooling to heating season transition -

The Directorate of Public Works (DPW) operations and maintenance contractor, T&H Services, begins the seasonal transition from cooling to heating in mid-October. Although the process to turn off cooling to buildings begins in October, activating heating systems is based on seasonal temperatures or as directed by the garrison commander to conserve energy and reduce installation utility costs. The following is a tentative schedule, subject to change as weather dictates, for shutting down and isolating cooling systems. During this period, buildings heating system will go through a check and be prepared for heating season.

- Mid-October: All child development centers, Soldier barracks, community service facilities (chapels, legal, etc.), operational dining facilities and post and division headquarters buildings.
- Later in October: All remaining buildings, facilities and industrial areas.

Through heating season, the temperature for comfort heating is set in accordance with command policy. The policy requires temperatures for barracks and offices to be set at 70 degrees to keep the space temperatures between 68 and 72 degrees during occupied hours. Due to special requirements, medical facilities will keep the temperature in their facilities at 72 degrees and child development centers/youth facilities no warmer than 74 degrees. Maintenance shops, bays, supply areas, warehouses, gymnasiums and hangars should be set at 60 degrees. During periods where facilities are unoccupied, the building temperatures should be set back to 55 degrees and monitored during cold periods to prevent damage from pipes freezing.

Building occupants can submit service orders for maintenance and repair, including heating issues (once the cooling to heating transition season is complete), via the Army Maintenance Application (ArMA) [website](#). Customers must still call in Priority 1/emergency service orders to the DPW operations and maintenance contractor service order desk at 719-526-5345, which is staffed 24/7. Note: ArMA is not for use by Fort Carson Family Homes residents, who have a separate service order process. For more information about the cooling to heating season transition, call (719) 726-8973 or email [jason.r.giberson.civ@army.mil](mailto:jason.r.giberson.civ@army.mil).

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## Community Events Bulletin

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### **DFW and civilian suicide prevention-**

The fiscal 2024 Employee Assistance Program Mandatory DFW and Civilian Suicide Prevention training classes will be offered at the below dates and times. Briefings will be held in-person at McMahon Auditorium Theater, unless noted as Microsoft Teams only below. Email [calvin.n.lidmark.civ@amry.mil](mailto:calvin.n.lidmark.civ@amry.mil) or call 719-526-2196 if you have any questions.

Tuesday, Oct. 24, 1-2:30 p.m.

Thursday, Nov. 16, 10-11:30 a.m.

Wednesday, Dec. 6, 10-11:30 a.m. (MS Teams only)

Thursday, Jan. 25, 1-2:30 p.m.

Wednesday, Feb. 7, 10-11:30 a.m. (MS Teams only)

Tuesday, March 12, 10-11:30 a.m.

Thursday, April 4, 10-11:30 a.m.

Wednesday, May 1, 10-11:30 a.m. (MS Teams only)\*

Thursday, June 13, 1-2:30 p.m.

Friday, July 19, 10-11:30 a.m.\*

Thursday, Aug. 22, 1-2:30 p.m.

Tuesday, Sept. 10, 10-11:30 a.m.

Thursday, Sept. 19, 10-11:30 a.m.

Tuesday, Sept. 24, 10-11:30 a.m.

\*Subject to change

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### **On-post trick-or-treat hours-**

Trick-or-treat hours in Fort Carson housing will be 6-8 p.m. Oct. 31.

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# Army Community Service Upcoming Classes

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DATE	CLASS
<b>October 24th</b>	<a href="#"><u>Center on Fathering</u></a>
	<a href="#"><u>Baby Sign Language</u></a>
	<a href="#"><u>Infant Massage &amp; Baby Nurturing</u></a>
	<a href="#"><u>Navigating USAJOBS</u></a>
	<a href="#"><u>Nurturing Families Through Play</u></a>
	<a href="#"><u>Coffee Conversations featuring U.S. Border Patrol</u></a>
<b>October 25th</b>	<a href="#"><u>Nurturing Infants to 5 Years</u></a>
	<a href="#"><u>IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief</u></a>
	<a href="#"><u>Disabling Sickness or Condition</u></a>
	<a href="#"><u>New Volunteer Orientation, VMIS and OPOC Training</u></a>
	<a href="#"><u>Nurturing 3 to 12 Years</u></a>
<b>October 26th</b>	<a href="#"><u>Federal Resume 101</u></a>
	<a href="#"><u>Toddler Time</u></a>
<b>October 27th</b>	<a href="#"><u>Play Group</u></a>
<b>October 31st</b>	<a href="#"><u>Center on Fathering</u></a>
	<a href="#"><u>Infant Massage &amp; Baby Nurturing</u></a>
	<a href="#"><u>Nurturing Families Through Play</u></a>
	<a href="#"><u>EFMP Trick-or-Treat</u></a>
<b>November 1st</b>	<a href="#"><u>Nurturing Infants to 5 Years</u></a>
	<a href="#"><u>IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief</u></a>
	<a href="#"><u>Nurturing 3 to 12 Years</u></a>
<b>November 2nd</b>	<a href="#"><u>Center on Fathering</u></a>

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

# Army Community Service Upcoming Classes

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DATE	CLASS
<b>November 2nd</b>	<a href="#"><u>Toddler Time</u></a>
	<a href="#"><u>Thrift Savings Plan (TSP) Class</u></a>
	<a href="#"><u>LinkedIn Fundamentals</u></a>
<b>November 3rd</b>	<a href="#"><u>Financial Touchpoint/Milestone: Birth of First Child</u></a>
	<a href="#"><u>Financial Touchpoint/Milestone: Marriage</u></a>
	<a href="#"><u>Play Group</u></a>
<b>November 7th</b>	<a href="#"><u>Center on Fathering</u></a>
	<a href="#"><u>Boot Camp For New Dads</u></a>
	<a href="#"><u>CARE Team Training</u></a>
	<a href="#"><u>Infant Massage &amp; Baby Nurturing</u></a>
	<a href="#"><u>Understanding Your Credit Score</u></a>
	<a href="#"><u>Nurturing Families Through Play</u></a>
<b>November 8th</b>	<a href="#"><u>Nurturing Infants to 5 Years</u></a>
	<a href="#"><u>SFRG Resource Overview</u></a>
	<a href="#"><u>Financial Strength Budgeting 101</u></a>
	<a href="#"><u>IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief</u></a>
	<a href="#"><u>Short-and-Sweet IEP Overview</u></a>
	<a href="#"><u>Relationship Preventative Maintenance for Couples &amp; Singles</u></a>
	<a href="#"><u>Resume Essentials</u></a>
<b>November 9th</b>	<a href="#"><u>Nurturing 3 to 12 Years</u></a>
	<a href="#"><u>Center on Fathering</u></a>
	<a href="#"><u>Annual Troop Training for Domestic Violence Prevention</u></a>

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

# VICTIM ADVOCACY PROGRAM

## DOMESTIC VIOLENCE PREVENTION

### LEADERSHIP RESPONSE TO DOMESTIC VIOLENCE

This training covers the material in the standard domestic violence training, but has a focus on the regulatory requirements of leadership, the dynamics of domestic violence that include current state of Fort Carson, early warning signs that the chain of command may observe and how they can implement prevention programs before the actual incident.



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

**CALL US AT: (719) 526-0461**



Click the graphic to connect  
with our Victim Advocacy Program



## EFMP Trick-or-Treat

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



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



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

Click the graphic to connect  
with our Exceptional Family Member Program

## FORT CARSON EMPLOYMENT READINESS



### SEASONAL JOB OPPORTUNITIES

\*\*Click on the company name to access the announcement

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

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

Follow Us on Facebook for More Seasonal Opportunities

[www.facebook.com/FtCarsonACSERP](https://www.facebook.com/FtCarsonACSERP)



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### **Understanding Your Credit Score**

1st Tuesday  
9:30am — 11:00am

October 3  
November 7  
December 5  
January 2  
February 6  
March 5

April 2  
May 7  
June 4  
July 2  
August 6  
September 3

### **Financial Strength Budgeting 101**

2nd Wednesday  
10:00am — 11:00am

October 11  
November 8  
December 13  
January 10  
February 14  
March 13

April 10  
May 8  
June 12  
July 10  
August 14  
September 11

### **Understanding Your Military Retirement Thrift Savings Plan**

1st Thursday  
1:00pm — 2:00pm

October 5  
November 2  
December 7  
January 4  
February 1  
March 7

April 4  
May 2  
June 6  
~~July 4~~  
August 1  
September 5

### **Financial Milestone/Touchpoint Disabling Sickness or Condition**

Every Wednesday  
11:00am

This class focuses on the financial implications of dealing with a disabling sickness or condition - and helps you manage your finances more efficiently as you work through it.

To schedule a Financial Milestone/Touchpoint class as a portable class to your unit footprint or as a 1-on-1, please call (719) 524-4601.

Click the graphic to connect  
with our Financial Readiness Program

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# WIC IS NOW AT ARMY COMMUNITY SERVICE



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



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Army Community Service delivers classes and programs designed to help Commanders maintain readiness. Soldiers that have created healthy financial habits, strong relationship skills, and have Family members that are knowledgeable about where to go for resources and community information will be more equipped to face the stresses of deployment and general life in the Army. Army Community Service brings classes, briefs and programs to your unit's footprint to meet the needs of Soldiers and their Family members.

**Army Community Service**

# Portable Class Delivery



**Classes on *your time*, in a location of *your choice*,  
customized to *your needs*.**

Do you need:

- 1.) examples of ways you can schedule an ACS class or presentation?
- 2.) to learn how to request a class, briefing, or presentation?
- 3.) helpful tips to make your training a success?
- 4.) to view the full portable class schedule and listings?
- 5.) other training ideas for your unit or group, and registration information?

Visit the Portable Class Delivery webpage [HERE](#)

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## MILITARY AND FAMILY LIFE COUNSELING

Sometimes strength means asking for help. Military OneSource and the Military and Family Life Counseling Program offer free, confidential, face-to-face non-medical counseling to support you with military and family life challenges like preparing for and handling a move or nurturing a relationship with a deployed spouse.

**REACH OUT TODAY!**



ALWAYS AT NO COST!  
(719) 526-4590

Visit the MFLC webpage [HERE!](#)

If you wish to speak to an MFLC other than your identified MFLC, please call 719-526-4590 for assistance.

To speak to a Child and Youth Behavioral MFLC, please call Parent Central Services at 719-526-1101.



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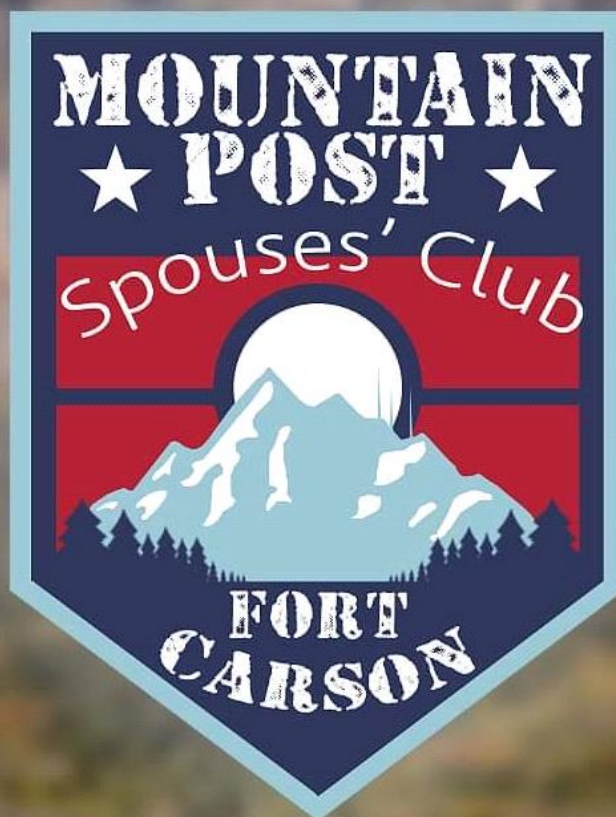


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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

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



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# Let's go boo-ling!

October 19, 2023

11 am - 1 pm

Join the Mountain Post Spouses' Club for the October Social!

**Bowling. Food. Fun.**

**Costumes encouraged!**

Thunder Alley Bowling  
6391 Chiles Ave  
Fort Carson





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# MEMBERSHIP SHOPPING NIGHT

AT THE MOUNTAIN POST THRIFT SHOP

Members receive  
**50% OFF** entire purchase  
Bring a non-member friend -  
they receive  
**25% OFF** entire purchase

**THURSDAY, OCTOBER 26TH**

**5:30 - 7:30 PM**

MOUNTAIN POST THRIFT SHOP  
5769 WALLACE STREET  
BLDG 1045

MOUNTAIN POST THRIFT SHOP OWNED  
AND OPERATED BY THE MPSC

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MOUNTAIN POST SPOUSES' CLUB

# HELLO THE FLOCK

**IS BACK**

NOW OFFERING FLOCKING ON  
FORT CARSON

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

PLEASE EMAIL:  
[MOTHERFLOCKER@MPSC.US](mailto:MOTHERFLOCKER@MPSC.US)  
FOR ALL DETAILS AND PRICING

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## Reminder

We are Open

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

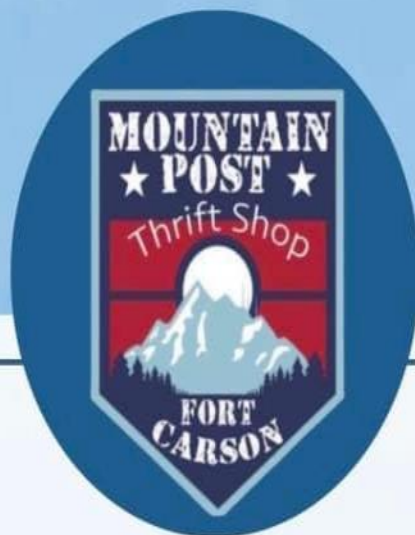
Closed On Federal Holidays  
and when Post is Closed



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## DID YOU KNOW?

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

[www.mpsc.us](http://www.mpsc.us)



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# APPLICATIONS ARE OPEN!!

In Order to Apply you need the  
following documents:

1. LES/SRB
2. DD 1172-1



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

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**2023 DATES:**

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



**TIME:**

11:00 am  
until food  
runs out

**LOCATION:** MITCHELL HIGH SCHOOL

1205 Potter Dr, Colorado Springs, CO 80909

Dates and times are subject to change. Visit [ppunitedway.org](http://ppunitedway.org) for updates.



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**2023 Fechas:**

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



**HORA:**  
11am  
hasta  
agotar  
alimentos

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

Las fechas y los horarios están sujetos a cambios. Visite [ppunitedway.org](http://ppunitedway.org) para obtener actualizaciones.

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**Food Pantry • Pregnancy Center • Life Skills • Counseling**

6436 US Hwy 85, Suite U • Fountain • CO • 80817

(behind Wendy's & Hangry Ohana- [click for map](#))

719-387-9919

[Home](#) [Get Food](#) [Event Calendar](#) [What We Do](#) [Partners](#) [Get Involved](#) [Downloads](#) [Donate](#) [About Us](#)

## If you need food, you're in the right place.

**We have 3 food distribution programs. You may qualify for one or more.**

**Food Pantry:** Fresh food meat, eggs, breads, pastries, veggies, fruits, milk, etc. \*

- **Schedule:** Every Thursday 2:00pm - 6:30pm
- **Service Area:** Zip codes served: 80817, 80911, 80925, 80902, 80913, 80906 south of 'B' St.
- **Qualifications:** Resident or Homeless residing in the Service Area with a need for food.
- **How to register:** [Click here to register.](#)

**Commodities:** Staples rice, beans, canned/frozen meat, canned food, dried fruit, etc. \*

- **Schedule:** 1st & 3rd Fridays of month from 10:00am - 2:00pm (come once per month)
- **Service Area:** Serving all of El Paso County.
- **Qualifications:** Low income based on US Government chart.
- **How to apply:** Apply at C4L on Friday when picking up food.

**Senior Boxes:** Shelf stable items dried fruit, canned food, canned juices, cheese, etc. \*

- **Schedule:** 1st & 3rd Fridays of month from 10:00am-2:00pm (come once per month)
- **Service Area:** Serving all of El Paso County.
- **Qualifications:** 60+ and low income based on US Government chart.
- **How to apply:** Apply at C4L on Friday when picking up food.

\* Food availability may change from week to week based on our suppliers



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

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

***RIDE UNITED***  
***Last Mile Delivery***



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## FFC8 FOOD PANTRY

Through a combined effort with Care and Share, the district is able to provide families in need with fresh produce, canned goods, and other items. All FFC8 students, staff and families are welcome!

### WHERE AND WHEN

#### Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.



School pantry days of operation follow the school calendar.



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# We're Glad You're Here!

A Warm Meal Awaits You Inside!



The Marian House Kitchen provides a balanced, nutritious, hot meal at no cost, 365 days a year.

All welcome! Daily from 10:30am - 1:00pm.

To learn more go to [CCharitiesCC.org](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 for appointments Mon, Wed, and Fri each week from 1:30 - 5:00 pm. You can call 719.866.6288 or email [pantry@ccharitiescc.org](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 their services go to <https://www.ccharitiescc.org/emergency-essential-services/marian-house-nutrition-services/>

Check out their Facebook page at:  
Catholic Charities of Central Colorado

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# NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

**Fort Carson & 4th Infantry Division**

**Chaplain Hotline**

**(719) 291-9619**

**A Chaplain is available to you  
24 hours a day 7 days a week**

**Chaplains have complete confidentiality  
and are here to assist you**



**U.S. ARMY CHAPLAIN CORPS**  
**CARING FOR THE SOUL OF THE ARMY**



**Facebook.com/4IDCarsonRSO**



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### FORT CARSON RELIGIOUS SERVICES

#### SUNDAY

Agape (Contemporary)	Abrams Elementary School	1000
Catholic Mass	Provider Chapel	0900 & 1100
General Protestant	Family Life Center	0900
Gospel	Prussman Chapel	1000
Samoan	Veterans Chapel	1100

#### MONDAY-FRIDAY

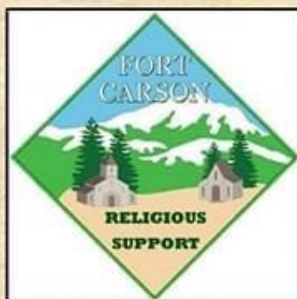
Daily Catholic Mass	Provider Chapel	1145
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#### WEDNESDAY

Non-Denominational	Healer Chapel (inside Evans hospital)	1215
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#### FRIDAY

Islamic Prayers	Veterans Chapel	1315
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QUESTIONS? CONTACT THE RELIGIOUS SUPPORT OFFICE: 719-526-5279.



Keep up to date with local events and deals with the



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The Fort Carson Samoan service will be on hiatus while the leaders travel to Samoa. Please note the schedule:

October 15: regular worship

October 22-November 12: no service

November 19: return to regular service schedule



Keep up to date with local events and deals with the



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# WEDNESDAY FAMILY NIGHT

## *Fall 2023*

Dinner

Childcare

AWANA (Bible study for children age 3 through 6th grade)

Youth Group: grades 6-12

Adult studies

**August 30—fall kick-off**

REGISTER HERE



*Registration starts August 2, 2023*

4:30—5:30

Dinner

5:30—7:00

Classes

**FREE**

Need more information? Contact:

CH (CPT) Andy Vaughn  
[andy.m.vaughn.mil@army.mil](mailto:andy.m.vaughn.mil@army.mil)





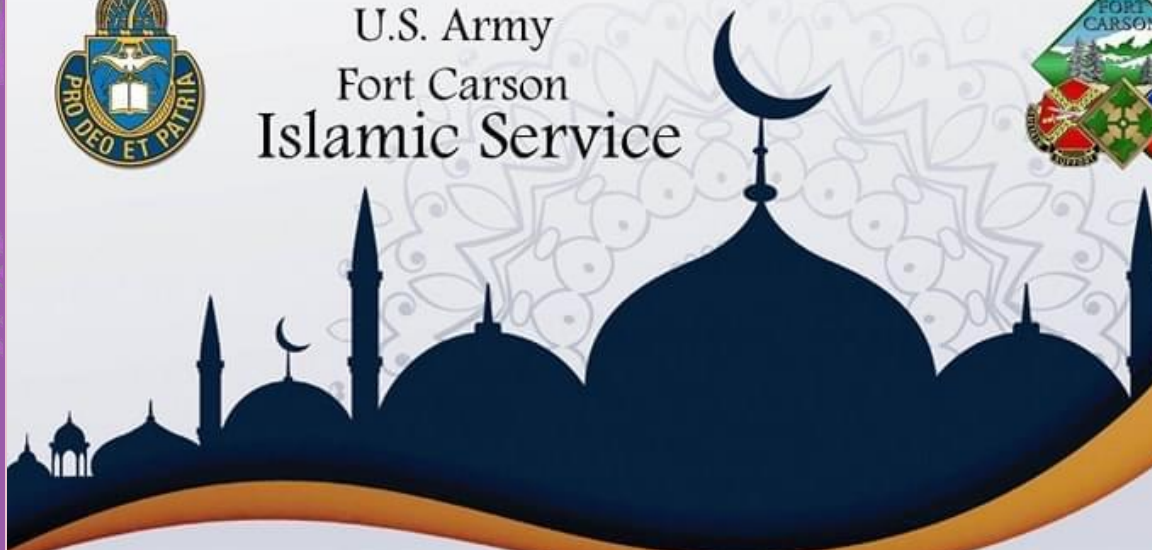
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U.S. Army  
Fort Carson  
Islamic Service



Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

Location: **Veterans Chapel**

6917 Titus Blvd, Fort Carson, CO 80913 (Building 2359)

Facebook: Fort Carson Muslims

For any question:

**Chaplain (CPT) Porter**

(304)840-4200

joshua.l.porter20.mil@army.mil

Distinctive Religious Group Leader (DRGL)

**SPC Khodeir Mohamed**

(951)497-8727

mohamed.h.khodeir.mil@army.mil



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# scholarships

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

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

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

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

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

[Fisher House Foundation Scholarship Program](#)

[Scholarships for Military Dependents](#)

[Military Spouse Scholarships](#)

[Military Family Scholarships](#)

[Freedom Alliance](#)

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



# Better Opportunities For Single Soldiers

Keep up to date with local events and deals with the



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### OCTOBER 2023

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

Major BOSS Event

Quality of Life

Community Service

Recreation & Leisure

Life Skills

#### BOSS Lounge

6391 Chiles Ave, Bldg. 1511  
Fort Carson, CO 80913  
(719) 524-5202  
Wed-Fri 1100 - 2000  
Sat-Sun 1300 - 2000  
DONSAs 1300-2000

#### BOSS Office @ The HUB

6371 Specker Ave, Bldg. 1532  
Fort Carson, CO 80913  
(719) 526-5347  
M-F 1000 - 1600



Scan the QR code for more BOSS information!



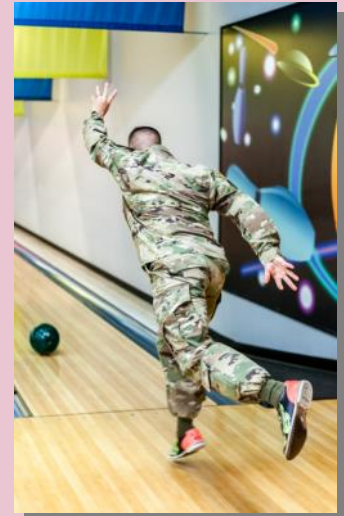
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# BOSS

**Better Opportunities  
for Single Soldiers**



The Better Opportunities for Single Soldiers (BOSS) program represents the voice of the single Soldier. If you're a single Soldier, the BOSS triad advocates for you by advancing quality of life issues on the installation and in the barracks to senior leaders on post and throughout the Army.

**"Let Your Voice Be Heard"**



**Meet at  
The Hub  
or call (719)  
524-2677  
to get  
involved.**



Keep up to date with local events and deals with the



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

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



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

Employee Assistance Program

Prevention

Risk Reduction

Suicide Prevention

Drug Testing / Collecting

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

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

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**ASAP**  
ARMY SUBSTANCE  
ABUSE PROGRAM

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

**These ASAP Specialists are assigned to work with your unit:**

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

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

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

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

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

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



Keep up to date with local events and deals with the



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## ASAP Location – New Building

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

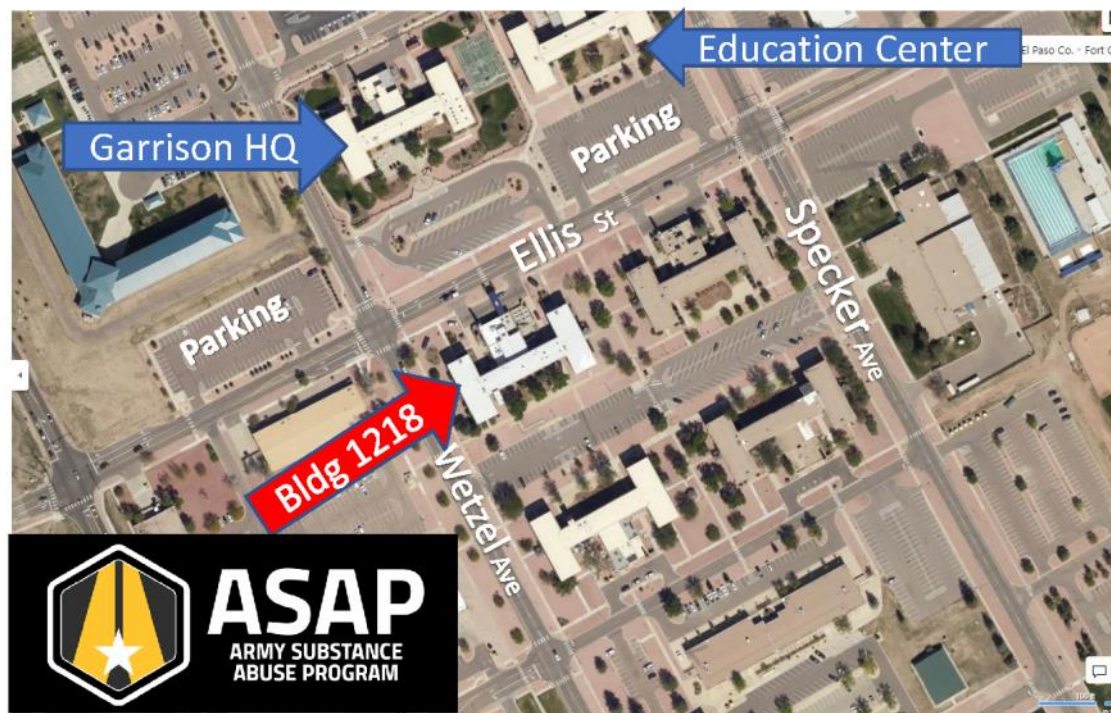
PARKING may be a challenge – plan ahead.

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

Phone numbers will remain the same:

DTCP: 719-526-8407

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



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



# Fort Carson Army Substance Abuse Program

Keep up to date with local events and deals with the



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

<b>Unit Prevention Leader (UPL) Course</b> This class will prepare SGTs and up to perform UPL duties.	3 Day course
<b>Alcohol and Drug Abuse Prevention Training (ADAPT)</b> This mandatory class is for Soldiers identified with a positive UA or alcohol related incident	12 hour course
<b>Commander's Risk Reduction Toolkit (CRRT) training</b> An overview of the features of this web-based high risk behavior reporting tool	30 minute course
<b>Unit Risk Inventories (URI)</b> A 52 question, anonymous survey. Gives leaders a snapshot of Soldier perceptions	30 minute survey
<b>Applied Suicide Intervention Skills Training (ASIST)</b> Class for gatekeepers in identifying and reacting to suicidal thoughts and behaviors in others	2 day class
<b>DUI Prevention training</b> Standard briefing about the consequences and ways to avoid a DUI charge	Flexible
<b>Responsible alcohol use training</b> Basic knowledge of drinking behaviors	Flexible
<b>Substance specific training</b> Can be tailored to address a specific substance issue	Flexible
<b>Mock Barracks Drug ID room</b> Class for leaders to identify drug paraphernalia and overview of rules of evidence	Flexible

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

# Suicide Prevention

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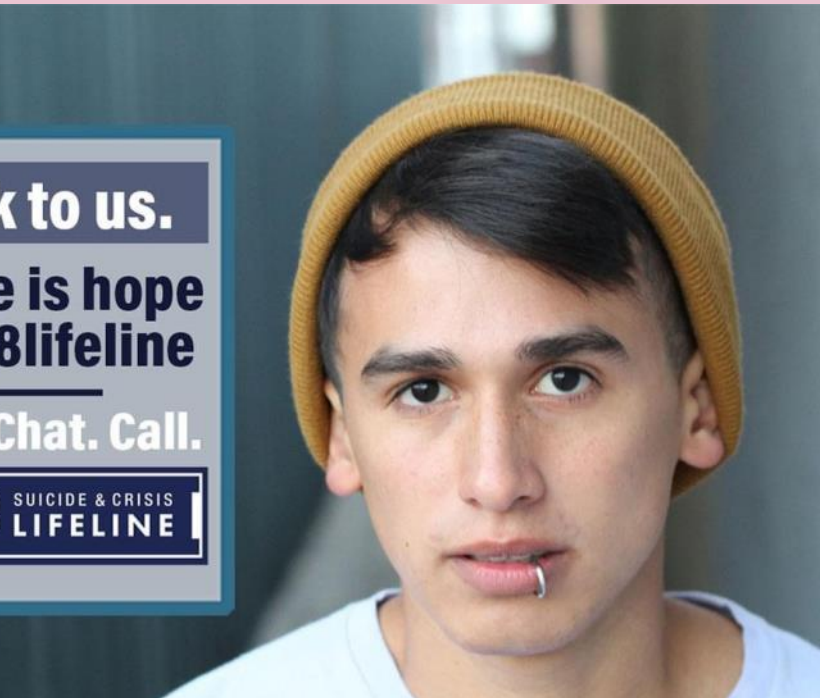
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**Talk to us.**

**There is hope  
@988lifeline**

**Text. Chat. Call.**

**988** SUICIDE & CRISIS  
LIFELINE



**Chat with us.**  
[988lifeline.org](https://988lifeline.org)

**988** SUICIDE & CRISIS  
LIFELINE



If you or someone you know needs support now, call or text 988  
or chat [988lifeline.org](https://988lifeline.org)

Keep up to date with local events and deals with the



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## QPR Training

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

### Who can be trained:

- Individuals
- Organizations
- Families

**\*FREE\***

90 minutes.  
In-person  
or  
Virtual option\*

## How to sign-up:

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

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

Suicide Prevention



Keep up to date with local events and deals with the



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## Suicide Prevention



SUICIDE  
PREVENTION  
CONNECTION  
GROUP

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

SUICIDE LOSS  
GRIEF SUPPORT  
GROUP

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

TEEN GRIEF  
SUPPORT GROUP

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

TEEN TALK GROUP

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

FREE  
COUNSELING  
SERVICES

Call or email to Inquire  
[info@pikespeaksuicideprevention.org](mailto:info@pikespeaksuicideprevention.org)

719.573.7447

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

Keep up to date with local events and deals with the



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## Suicide Prevention



CHILDREN'S GRIEF  
SUPPORT GROUP

HEARTBEAT  
SUICIDE.  
LOSS  
SURVIVOR  
GROUP

DBT GROUP

YOGA

FREE  
COUNSELING  
SERVICES

**719.573.7447**

# Programs

**Friday 5:30-6:30pm**

Children's Grief Group  
Ages 6-13

**Friday 6:30-7:30pm**

Adult Grief Support Group  
Ages 18+

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

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

Call or email to Inquire  
[info@pikespeaksuicideprevention.org](mailto:info@pikespeaksuicideprevention.org)

**[www.pikespeaksuicideprevention.org](http://www.pikespeaksuicideprevention.org)**



## **Who should use the Lifeline Chat and Text Service?**

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

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

**988** SUICIDE & CRISIS  
**LIFELINE**

Anyone experiencing a mental health crisis can call or text 988 to reach the National Suicide Prevention Lifeline and speak to a mental health professional trained to respond to these emergencies. The lifeline provides 24/7 free and confidential support to those in mental health distress. 988 connects the caller to a certified crisis center in the local area. The lifeline consists of a network of 200 local crisis centers across the country.



Keep up to date with local events and deals with the



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## Employee Assistance Program

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

### Professional Services

- The EAP is a professional service that provides assistance with adult living problems, counseling, resource identification, referral, and follow-up services.
- The EAP assists employees, supervisors, and managers with issues related to productivity, morale, motivation, communication, conflict, and mediation.
- The EAP provides consultation services, prevention education and training, worksite interventions and assists with such issues as grief and loss, the drugfree workplace, workplace violence, and suicide.

### Resources

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

### For more information

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

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### Safe Exchange Location



Child Custody Exchange  
Online Purchase Exchange

The Fort Carson Police/Provost Marshal Division offers an Exchange Zone. The Exchange Zone is for The Fort Carson community to conduct child custody exchanges or exchange items which have been bought or sold online.

The parking areas in front of the building (main entrance) are under 24 hour camera surveillance. If you would like to use an indoor location due to weather or other factors, please speak with the Desk Sergeant inside the main doors.

Fort Carson Police  
7227 Christie Street (BLDG 2700)  
Fort Carson, Co 80913  
Desk Sergeant: (719) 526-6199





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**FORT CARSON**

**PRO DEO ET HUMANITATE**

**CARE**

**COMMITMENT**

**HEALTH AGENCY**

**DEPARTMENT OF DEFENSE**

**VIRTUAL APPOINTMENTS  
NOW AVAILABLE**

**CALL 719-526-CARE (2273)**

**\*Must be enrolled to Evans ACH in Ivy or Internal Medicine Clinics\***

Are you enrolled to Evans Ivy Clinic or Internal Medicine? Would you like to see a provider virtually? Evans is booking next-day appointments through their virtual primary care health clinic now until January 15.

To book, call the central appointment line at 719-526-CARE (2273) and request a virtual appointment.

# Fort Carson Family Homes

Keep up to date with local events and deals with the



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

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



# Fort Carson Family Homes

Keep up to date with local events and deals with the



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**Fort Carson**  
FAMILY HOMES

6800 PRUSSMAN BLVD  
COMMUNITY CENTER

*Haunted House*  
ENTER IF  
YOU DARE

**SATURDAY  
OCTOBER 21 FROM 7PM-11PM**

**HOT COCOA ON THE BACK PATIO**  
ALL FCFH EVENTS ARE FREE TO RESIDENTS

CHILDREN MUST BE ACCOMPANIED BY AN ADULT.  
FOR QUESTIONS OR CONCERNS CONTACT  
[JHANLON@BBCGRP.COM](mailto:JHANLON@BBCGRP.COM) OR (719)499-0707



Keep up to date with local events and deals with the



**PASS IT ON**

**COMMUNITY  
NEWSLETTER**

**100% Childcare Discount  
for the first child for all CYS Staff**

**PLUS**

**25% Discount for  
each additional child after  
15% multi-child discount**



**Commissary Privileges to ALL CYS staff**

**CURRENTLY HIRING**

**At \$16.70/hr to start**

**\$17.70/hr after 6 months**

**\$18.91/hr after 1 year**

**Scan Here**



**Questions? Call 719-526-1101**



Keep up to date with local events and deals with the



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# Babysitter's Course

- Youth will learn the ins and outs of what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter.
- Youth will also be Red Cross certified in CPR and First Aid.

**Who:** 13-18 year olds (12 & in Middle School is ok)

**When:** 1st Saturday every month (0830-1700)

**Where:** Fort Carson Youth Center

**TO REGISTER:**

**Parent Central Services — 719-526-1101**

**Youth Center — 719-526-2680**

(class size limited to 15)



Keep up to date with local events and deals with the



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# OCTOBER GRANT LIBRARY EVENTS

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



## LAPSIT STORY TIME

Tuesdays | 10:30 a.m.



## RTAP

Resiliency Through Art Program

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

## LEGO CLUB

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



## PRESCHOOL STORY TIME

Thursdays | 10:30 a.m.

## SPANISH STORY TIME

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

## SPECIAL STORY TIME "FIRE PREVENTION MONTH"

with a SPECIAL GUEST READER

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



## SENSORY PLAYTIME

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

## TEEN - TOBER\*

### "VIDEO GAME CHALLENGE"

REGISTRATION REQUIRED

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

## SPICY READS BOOK CLUB

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



## HOME-SCHOOL HANGOUT

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

## FALL FESTIVAL!

AT THE LIBRARY\*

**REGISTRATION REQUIRED**

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

## MAKER SPACE MEETUP \*

**REGISTRATION REQUIRED**

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



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



Find us on Social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



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

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



Keep up to date with local events and deals with the



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# Fort Carson FITNESS CLASS SCHEDULE

# 2023 OCTOBER

## IVY

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

## WAL

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

### SCHEDULE KEY

GREEN: \$3 CLASS

BLUE: COMPLIMENTARY CLASS

RED: ACTIVE DUTY ONLY CLASS

#### MONDAY

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

#### TUESDAY

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

#### WEDNESDAY

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

#### THURSDAY

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

#### FRIDAY

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

#### SATURDAY

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

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



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



CarsonDFMWR



@carsonmwr  
#CarsonMWR



Fort Carson MWR



Keep up to date with local events and deals with the



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# OCTOBER & NOVEMBER WITH OUTDOOR RECREATION

**October 5**

Climbing Wall  
Orientation  
6 - 8 p.m.  
\$25

**October 6 - 8**

MOAB and Arches  
National Park, Utah  
\$485

**October 27**

Yappy Hour  
4 - 6 p.m.  
FREE

**October 28**

Full Moon  
Bike Ride  
6 - 9 p.m.  
\$25

**November 2**

Seasonal Ski/SB  
Rental Kick Off Day  
7 a.m.-7 p.m.

**November 3**

VIP Night  
5:30 - 7:30 p.m.  
\$10

**November 4**

Ski Expo  
10 a.m. - 2 p.m.

**November 9**

Lead Climbing  
6 - 8 p.m.  
\$35

**November 16**

Climbing Wall  
Orientation  
6 - 8 p.m.  
\$25

**November 30**

Crack Climbing  
6 - 8 p.m.  
\$35



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



Find us on Social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



Outdoor Recreation Complex  
7093 Specker Ave., Bldg 2429  
Fort Carson, CO 80913  
(719) 526-5176

**\*\*All information subject to change\*\***

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



Keep up to date with local events and deals with the



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Fort Carson's Annual

# Holiday Tree Lighting Ceremony

Dec. 1

William Reed  
Special Event Center  
5 - 8 p.m.

Fort Carson MWR



Keep up to date with local events and deals with the



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# ARMY VS AIR FORCE FOOTBALL PEP RALLY

Food & Beverages  
for purchase

**Nov. 3**  
**5 - 8 p.m.**  
**The Hub**

Bonfire  
Family Activities



**FREE**



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

Fort Carson MWR



Keep up to date with local events and deals with the



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# INTRAMURAL SPORTS OFFERS OPEN PICKLEBALL AT SPECIAL EVENT CENTER

**OCT. 13 - NOV. 24**  
**FRIDAYS, 9 A.M. - 3 P.M.**

**FREE**

**NO REGISTRATION REQUIRED**

**SPECIAL EVENT CENTER**  
**BLDG. 1829**



**CALL INTRAMURAL SPORTS AT: (719) 526-7585 FOR MORE INFORMATION.**



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



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



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



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



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Cheyenne Mountain Shooting Complex

# THE GREAT PUMPKIN SHOOT

(719) 896-6196

Oct. 28, 2023  
9 a.m.-4 p.m.



**REGULAR FEES APPLY**  
**FREE** Goody Bag+Pumpkin for  
each child paid admission



Visit [carson.armymwr.com](http://carson.armymwr.com) for more information



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



Find us on social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



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

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

Fort Carson MWR



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# PUMPKIN SPICE

## 5K & 1 Mile FUN RUN/WALK



**Iron Horse  
Park**

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

Visit [CARSON.ARMYMWR.COM](http://CARSON.ARMYMWR.COM) for more info!

Fort Carson MWR



Keep up to date with local events and deals with the



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## WALLER FITNESS CENTER GROUP FITNESS CLASS SCHEDULE & PERSONAL TRAINING

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



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



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



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



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

(719) 526-2742

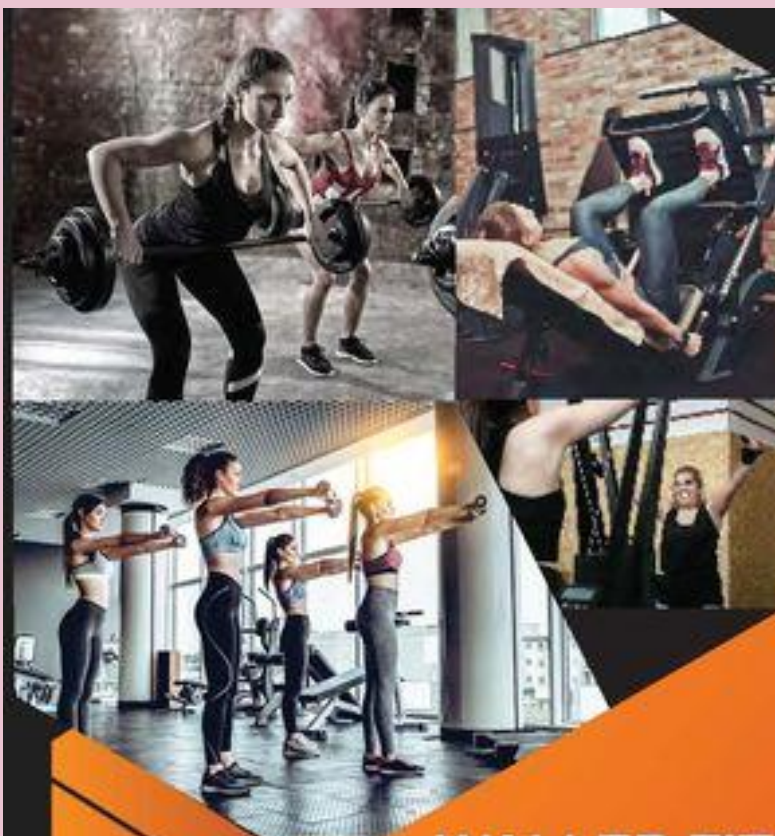
"Lead in Modernizing and Innovating to be the Army's premier installation to work, live, train, and thrive!"



Keep up to date with local events and deals with the



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**First Saturday  
Of the Month**

**8:30-9:30 a.m.**

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

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

**WALLER FITNESS CENTER**

# LADIES LIFT



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



Find us on Social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



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

**Questions? Call 526-2742**



Keep up to date with local events and deals with the



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Do you need more time to complete your project?

# AUTO SKILLS SUPER SATURDAYS!



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



Keep up to date with local events and deals with the



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**COMMUNITY NEWSLETTER**

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

If you are Active Duty, a Military Spouse  
or Dependent, Retiree or a Retiree Spouse,  
we'd love to hear more about your craft!

**JOIN OUR FUN TEAM OF ARTS AND CRAFTS CONSIGNERS!**



**Please call, stop by or send us a Facebook message to learn more about consigning.**

Our crafty consigners retain 80% of their sales profit while  
20% helps Tumbleweeds give back to the Fort Carson Community  
and maintain our everyday operations.

Consigners can opt to volunteer a couple of times  
a month or pay \$30 a month for a consigner fee.



**TUMBLEWEEDS**  
AT THE MOUNTAIN POST



Call us at 719.393.3734 or visit us on Facebook and Instagram!

1510 Chiles Ave Fort Carson, Colorado

**LOCATED ACROSS FROM DOMINOS IN THE MINI MALL.**

# Tumbleweeds

Keep up to date with local events and deals with the



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### OCTOBER *evenings*

MON TUE WED THU FRI SAT SUN

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



# USO Colorado

Keep up to date with local events and deals with the



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# OCTOBER 2023

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

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

Keep up to date with local events and deals with the



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## ARE YOU A MILITARY SERVICE MEMBER OR VETERAN?

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

- VA disability benefit compensation cases
  - Board of Veterans' appeals
  - Court of Appeals for Veteran Claims
  - Discharge Upgrade Cases
  - Family Law, Wills, Trusts and Estates  
(\* Dates Available)
- |               |                 |
|---------------|-----------------|
| • July 14     | • September 22* |
| • August 11   | • October 13    |
| • August 25*  | • October 27*   |
| • September 8 | • November 17*  |

Our licensed attorneys are here to help.

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

**Or visit us at [RMVAP.org](http://RMVAP.org) | 720-253-0963**





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# HALLOWEEN MINI MALL TRICK -OR- TREAT



FACE PAINTING

FOOD

CANDY

AND MUCH MORE!

**31 OCTOBER**  
**2:00 PM - 5:00 PM**

**1510 CHILES AVE., COLORADO SPRINGS, CO 80913**

Keep up to date with local events and deals with the



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NEWSLETTER**

# Be Tough Enough to wear Pink



October 20th  
in recognition of  
Breast Cancer awareness

October 20th, 2023  
1100-1400  
Bldg. 6110 Carson Concession Mall

Swag giveaways • Enter to win drawings!  
Breast cancer awareness information table  
Photo backdrop

Sponsored by:  
Fort Carson Services Team  
DME  
Fort Carson Evans Army Hospital- Wellness Group





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DOG MEET AND GREET

COME SPEND AN HOUR  
AT PPSP WITH SOME  
FURRY FRIENDS!



SATURDAY  
OCTOBER 21ST

11 - 1145 AM



REGISTER TODAY

704 N TEJON ST



719.573.7447



BELLA@PIKESPEAKSUICIDE  
PREVENTION.ORG



WWW.PIKESPEAKSUICIDE  
PREVENTION.ORG



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## NEED IMMIGRATION ASSISTANCE?

Call 719.866.6515



Catholic  
Charities  
*of Central Colorado*



Catholic  
Charities  
*of Central Colorado*

Family Connections



Family Connections at the Helen Hunt Campus offers many services to families within our community. From tangibles like diapers and formula to life coaching and parenting/early education classes, we are here to support you.



Catholic  
Charities  
*of Central Colorado*

719.578.1222



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# Harvest FESTIVAL

**COSTUME CONTEST - CAKE WALK  
PRIZES - MUSIC - FOOD**



**FRIDAY, OCTOBER 27TH, 2023  
5:00 PM - 7:00 PM**

**FOUNTAIN VALLEY CORPS  
208 CUNNINGHAM DRIVE  
COLORADO SPRINGS, CO 80911**

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**AMERICAN LEGION  
POST 38  
INVITES YOU TO OUR ANNUAL**



**THANKSGIVING  
DINNER**  
**FREE & OPEN TO THE  
PUBLIC**

***THURSDAY NOV 23rd***  
***TIME: 12:00 PM***

Bring your family and enjoy a  
free Thanksgiving dinner with  
all the trimmings.

**AMERICAN LEGION  
POST 38  
6685 SOUTHMOOR DR  
FOUNTAIN  
719-392-9901**



Keep up to date with local events and deals with the



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**KEEP THEM SAFE. CLEAN THEM OUT.  
TAKE THEM BACK.**

The **Drug Enforcement Administration's (DEA) Take Back Day** event provides an opportunity for everyone to prevent drug addiction and overdose deaths by disposing of unused or expired prescription drugs.



**ALLOWED:** All unused and expired over the counter and prescription medications (solid or liquid) in consumer containers. Vape products allowed as well (battery **MUST** be removed).



**NOT ALLOWED:** Intravenous solutions, injectables, and syringes will not be accepted due to blood-borne pathogens. Marijuana and illicit substances such as methamphetamines are not a part of this initiative and should not be placed in collection containers.

**SATURDAY OCT. 28**  
10 a.m. - 2 p.m.  
**DRIVE-THRU EVENT**

**FOUNTAIN LIBRARY**  
230 S. Main St.  
Fountain, CO 80817  
719.531.6333, Ext. 7002

TRANSIT STOP 16

**SECURITY FIRE DEPARTMENT**  
400 Security Blvd.  
Colorado Springs, CO 80911  
719.392.7121

TRANSIT STOP 25

Fountain Valley Communities That Care  
Any questions?  
Contact us: [ctc@elpasoco.com](mailto:ctc@elpasoco.com)

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# WELCOME HOME WARRIOR FAMILY RETREAT

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



**NOVEMBER 3-5, 2023**

**Golden Bell Camp**

**380 County Road 512, Divide, Colorado 80814**



**Fun for the whole family!**

Quality time together and help to reconnect!

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

**Provided by Mt. Carmel Veterans Service Center and Regis University**

For information and reservations email: [kbelaire@mtcarmelcenter.org](mailto:kbelaire@mtcarmelcenter.org)

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

**REGIS UNIVERSITY**



719.309.4758

Colorado Springs | Pueblo | Fountain | Trinidad

[VeteransCenter.org](http://VeteransCenter.org)



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uchealth

VA



U.S. Department of Veterans Affairs



# RESILIENCE AND WELLNESS SUMMIT

COURAGE, COMPASSION AND CONNECTION

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

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

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

**Event Location:**

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

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



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



719-772-7000 | [VeteransCenter.org](http://VeteransCenter.org)

**Reservations required**  
**Free Admission**  
**Scan to register** ➔



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# Legal Resource Day



**OCTOBER 27, 2023**

9 a.m. - 2 p.m.

El Paso County Combined Court  
270 S. Tejon St.

Colorado Springs, CO 80903

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

## ATTEND FREE SESSIONS AND LEARN ABOUT:

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

### Meet a Lawyer

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

9 a.m. – 2 p.m.

### \*Sessions are free\*

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

Sponsored by:

Register: [www.justicecentercos.org/lrd](http://www.justicecentercos.org/lrd) or scan the QR code below:



Access to  
Justice  
Committee

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



Keep up to date with local events and deals with the



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## Día de Recursos Legales



**27 DE OCTUBRE  
DE 2023**

**9 a.m. a 2 p.m.**

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

**270 S. Tejon St.**

**Colorado Springs, CO 80903**

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

**Sala del jurado W113**

**ASISTA A SESIONES GRATUITAS Y APRENDA SOBRE:**

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

### Consultas con un abogado

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

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

### \*Sesiones gratuitas\*

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

*Patrocinado por:*

Inscríbese en:  
[www.justicecenters.org/lnl](http://www.justicecenters.org/lnl)  
O escanee el código QR



**Comité de  
Acceso a la  
Justicia**

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

Keep up to date with local events and deals with the



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## TAP COMBINED MINI HIRING EVENTS & RESOURCE FAIRS

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

October 12th, 2023

January 18th, 2024

April 25th, 2024

June 20th, 2024

August 29th, 2024

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

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

NO EXCEPTIONS! JOBSEEKER REGISTRATION IS NOT REQUIRED.





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LET'S SHARE THE WARMTH

# COAT DRIVE

Now - Oct. 5, 2023

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

Giveaway on

**OCT. 25, 2023**

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

**WILLIAM REED**

**SPECIAL EVENTS CENTER**



For more info:

[ww.ftcarson.1045@gmail.com](mailto:ww.ftcarson.1045@gmail.com)

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



Keep up to date with local events and deals with the



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Fort Carson Department of Public Health Supports YOU!



### HIV PrEP and STI Services in Your Community



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



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

#### Resources/Recursos for LGBTQ needs:

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

**Advocacy**— Salud Family Health Centers 303-444-6121

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

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

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

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

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

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

*Servicios de PREP y ITS para el VIH en su comunidad*



Fort Carson, CO



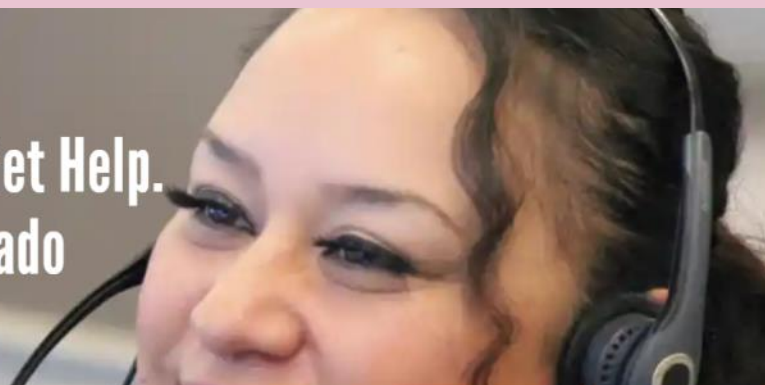


Keep up to date with local events and deals with the



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



**CONNECT TO HELP WITH**

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

**THOUSANDS OF RESOURCES.**  
**ONE CALL.**

**2·1·1**

**Get Connected. Get Help.™**

Keep up to date with local events and deals with the



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**COMMUNITY  
NEWSLETTER**



## FREE ACUPUNCTURE TREATMENTS

(AcuDetox)

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

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



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



Keep up to date with local events and deals with the



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# Be Herd Wellness Group

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



**nami**

National Alliance on Mental Illness

Colorado  
Springs

**STABLESTRIDES**

HEALTH & HEALING THROUGH HORSES

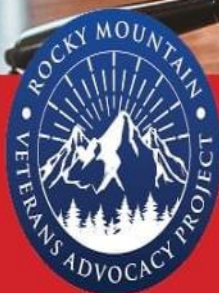
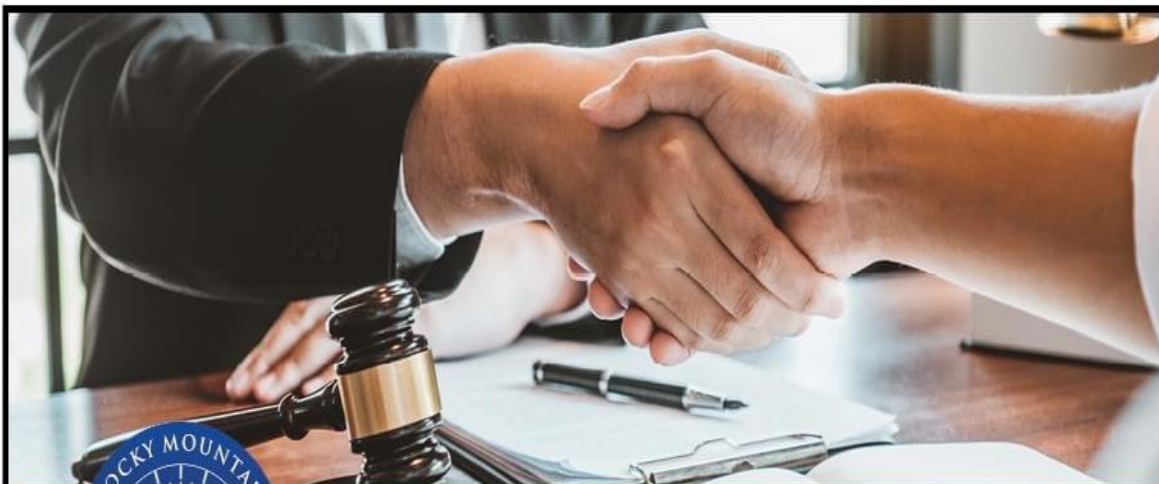




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- Board of Veterans' appeals
- Court of Appeals for Veteran Claims
- Discharge Upgrade Cases
- Family Law, Wills, Trusts and Estates  
(\* Dates Available)

• ~~July 14~~

• ~~August 11~~

• ~~August 25\*~~

• ~~September 8~~

• ~~September 22\*~~

• ~~October 13~~

• October 27\*

• November 17\*

Our licensed attorneys are here to help.

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

**Or visit us at [RMVAP.org](http://RMVAP.org) | 720-253-0963**





Keep up to date with local events and deals with the



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## Yoga

An indoor yoga session to  
help you decompress



All skill levels welcome

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

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

Call 719-573-7447 go to [www.pikespeaksuicideprevention.org](http://www.pikespeaksuicideprevention.org) to register

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## Suicide Loss Grief Group

### *"Understanding your Suicide Grief"*

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

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





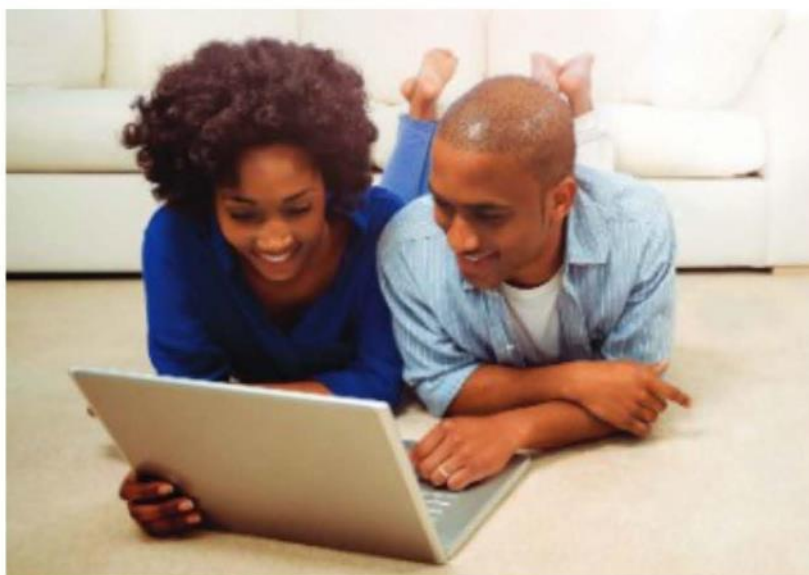
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## MHS GENESIS Patient Portal

**Modern. Secure. Connected.**



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

### LOCATION:

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

### DATES/TIMES:

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

### A NEW WAY TO MANAGE YOUR HEALTH

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

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The Steven A. Cohen  
Military Family Clinic  
at Red Rock



# RESOURCES AND REFRESHMENTS

**3RD TUESDAY OF THE MONTH**

**5:00 PM – 6:00 PM**

**Military connected and free to attend!**

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



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





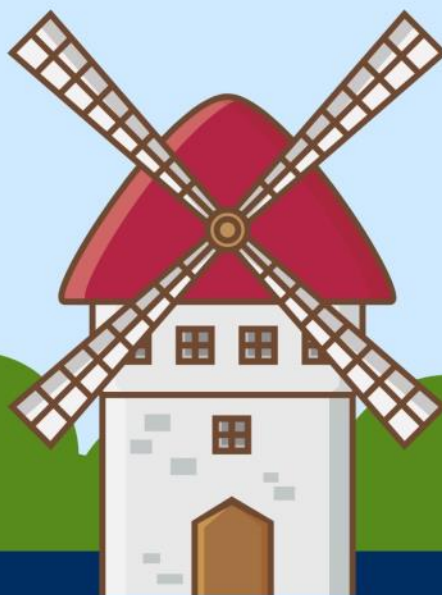
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The Steven A. Cohen  
Military Family Clinic  
at Red Rock



MILITARY CONNECTED PLAY FREE

# MINI GOLF TUESDAYS

1ST TUESDAY OF EACH MONTH

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

**Time:** 5:00pm-6:30pm

Questions/RSVP: [Abanovz@red-rock.com](mailto:Abanovz@red-rock.com)

*Registration is highly encouraged*

<http://bit.ly/CohenClinicCOGolf>



Keep up to date with local events and deals with the

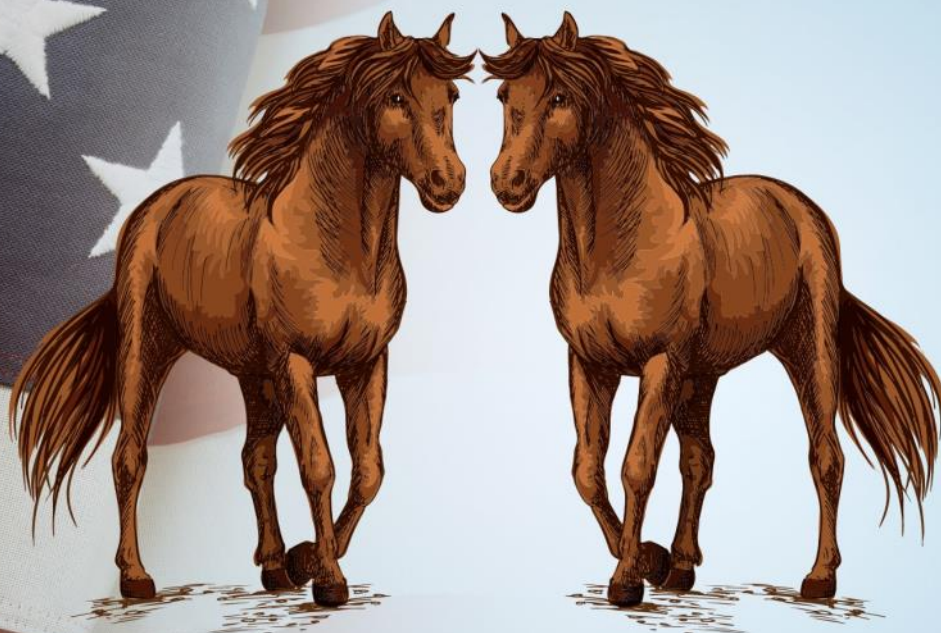


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4th Tuesday of the Month

🕒 9am - 11am

## Equestrian Tuesdays



**Military connected and free to attend!**

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

### Location:

USAF Academy Equestrian Center 7067  
Cottonwood Drive USAFA, Colorado 80840

Reach out to Alex with questions

[Abanovz@red-rock.com](mailto:Abanovz@red-rock.com)

*Registration is highly recommended*





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

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

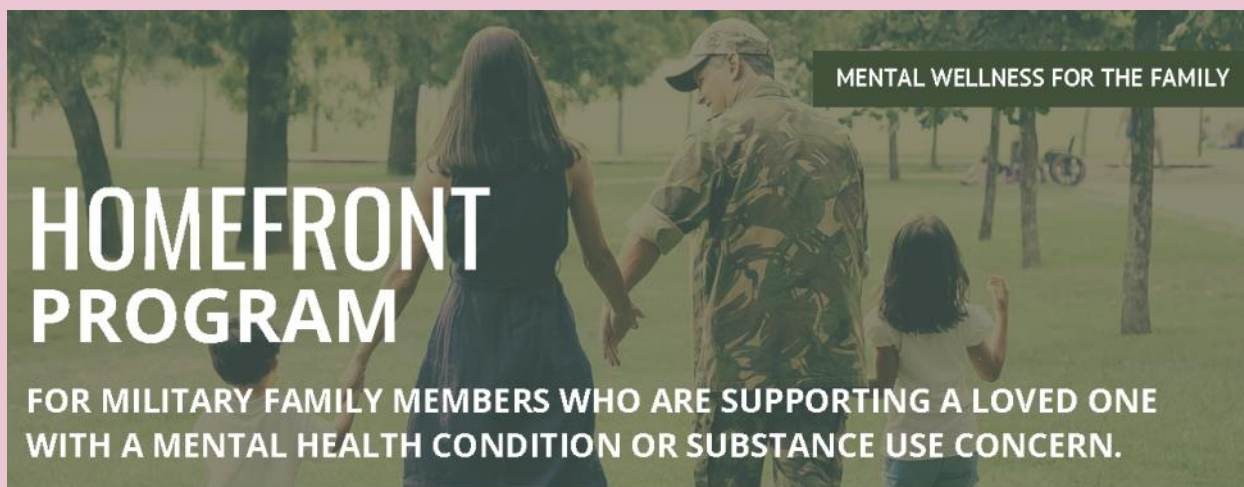
To learn more, visit  
[envision-you.org/q-is-for-questioning](http://envision-you.org/q-is-for-questioning)



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

Downtown Colorado Springs\*

\*Exact location provided upon registration

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

- Confidential & safe
- Peer led conversations around mental health in the military
- Become a part of a supportive and connected community



Learn to care for yourself and support your family member with compassion



Understand current research, treatments and evidence-based therapies



Navigate challenges that impact and affect the entire family



Manage a crisis, solve problems and communicate effectively

### REGISTRATION REQUIRED

To register or find out more information:

[namicoloradosprings.org](http://namicoloradosprings.org) • 719-473-8477 • [AngelaSweeten@namicos.org](mailto:AngelaSweeten@namicos.org)



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. If you have questions about Homefront or NAMI, please contact our office at 719-473-8477 or email [AngelaSweeten@namicos.org](mailto:AngelaSweeten@namicos.org).



SCAN ME



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### DIVERSUS HEALTH

#### WHEN & WHERE

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

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

Grant funded.  
12 CEUs available.  
Registration required.

#### Applied Suicide Intervention Skills Training (ASIST)

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

Participants will:

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

#### REGISTRATION



Email: [karen.morgan@diversushealth.org](mailto:karen.morgan@diversushealth.org)  
or [covidresponse@diversushealth.org](mailto:covidresponse@diversushealth.org)



[diversushealth.org/outreach-program](https://diversushealth.org/outreach-program)  
(719) 299-2996



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## Healthy Transitions Group

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

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

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

**WHEN:** 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of every month, 1500-1630

**Clinic Phone Number:** 719-526-7155

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



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If you'd like to  
learn more  
about  
Colorado  
Preschool  
Program | Head  
Start | Early  
Head Start

[Click HERE!](#)



DID YOU KNOW?

**WE ARE ON  
INSTAGRAM**

Follow us @cpcdhs



**CPCD**

giving children a head start

**SUCCESS STARTS EARLY**  
**EL ÉXITO COMIENZA TEMPRANO**



**FREE  
TUITION  
PRESCHOOL**  
**PREESCOLAR GRATUITO**



**FOR AGES  
BIRTH TO 5**

**PARA EDADES  
DE NACIMIENTO  
A 5 AÑOS**



**CPCDHEADSTART.ORG**  
**719.635.1536**

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## SURVIVING THE STORM

### SUICIDE LOSS GRIEF SUPPORT GROUPS

#### GROUP BY AGE

##### .....➔ ADULT GRIEF GROUP

Tuesdays 6-7:30pm

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

##### .....➔ TEEN GRIEF GROUP

Wednesdays 6-7:30pm

##### .....➔ KIDS GRIEF GROUP

Fridays 6-7pm

##### .....➔ HEARTBEAT SUICIDE LOSS SURVIVOR GROUP

Fridays 6-7pm

\*This is an adult suicide loss grief group

All groups  
are  
**FREE**

Snacks  
and drinks  
provided

Registration  
required



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

[info@pikespeaksuicideprevention.org](mailto:info@pikespeaksuicideprevention.org)



#### CONTACT US

719-573-7447

704 N Tejon St

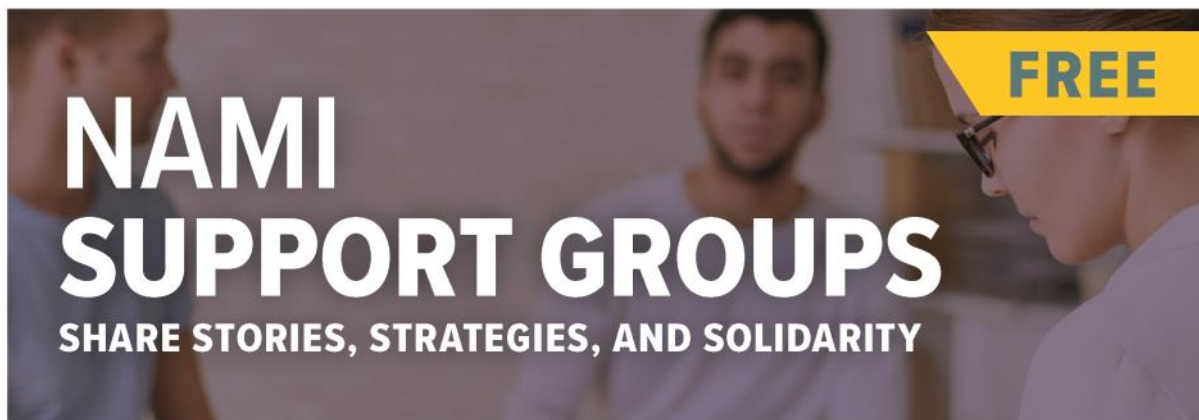
Colorado Springs, CO, 80903



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# NAMI SUPPORT GROUPS

SHARE STORIES, STRATEGIES, AND SOLIDARITY

NAMI Colorado Springs is offering both **virtual support groups on Zoom** and **in-person groups at First United Methodist Church**, 420 N. Nevada Ave., in downtown Colorado Springs. All are led by trained peers — people who either manage a mental illness or love someone who does.

## BASICS SUPPORT GROUP

For parents and caregivers of children and teens showing signs of mental illness

**2nd Mondays, 7-8:30 p.m., virtual**

## CONNECTION SUPPORT GROUP

For adults experiencing mental illness

**Tuesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person**

## FAMILY SUPPORT GROUP

For family members of adults experiencing mental illness

**1st Wednesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person**

**In-person group participants must pre-register:** Call 719.473.8477 or email [office@namicos.org](mailto:office@namicos.org) by noon on the day of the group.

In-person groups will follow social distancing protocols.

**Virtual group participants** can find call-in info at [namicoloradosprings.org](http://namicoloradosprings.org).



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

**719.473.8477 | [office@namicos.org](mailto:office@namicos.org) | [namicoloradosprings.org](http://namicoloradosprings.org)**



The NAMI office at 1615 S. Murray Blvd., is open weekdays, 9 to 5.