



20 Aug 2025

No Fort Carson/Army Endorsement Implied

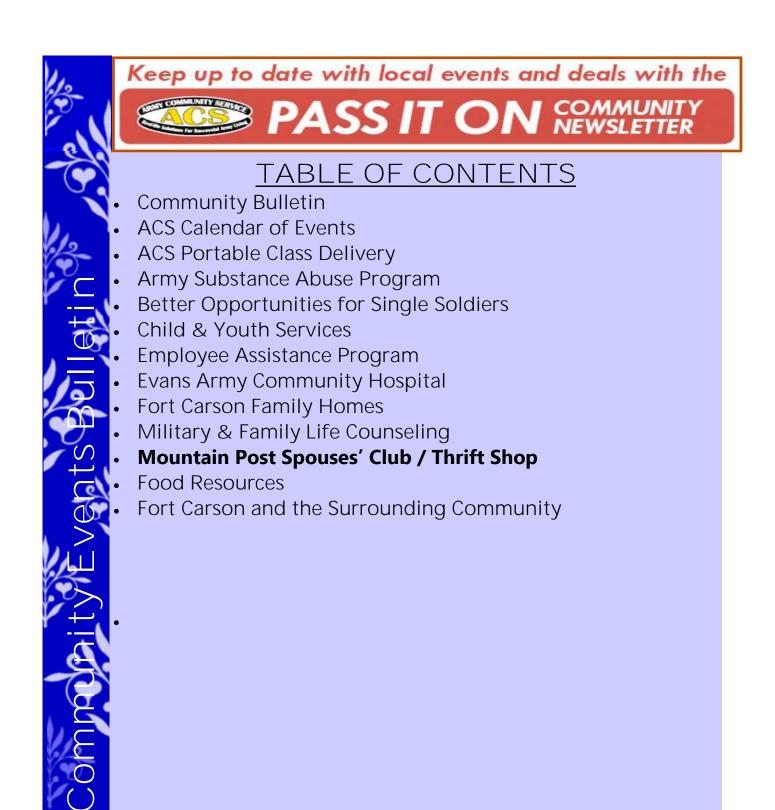
Our mission at ACS is to prepare and empower our Total Military Family to meet the challenges of military life by providing essential programs, resources, and services that enhance knowledge, life skills, well-being, quality of life, and retention.

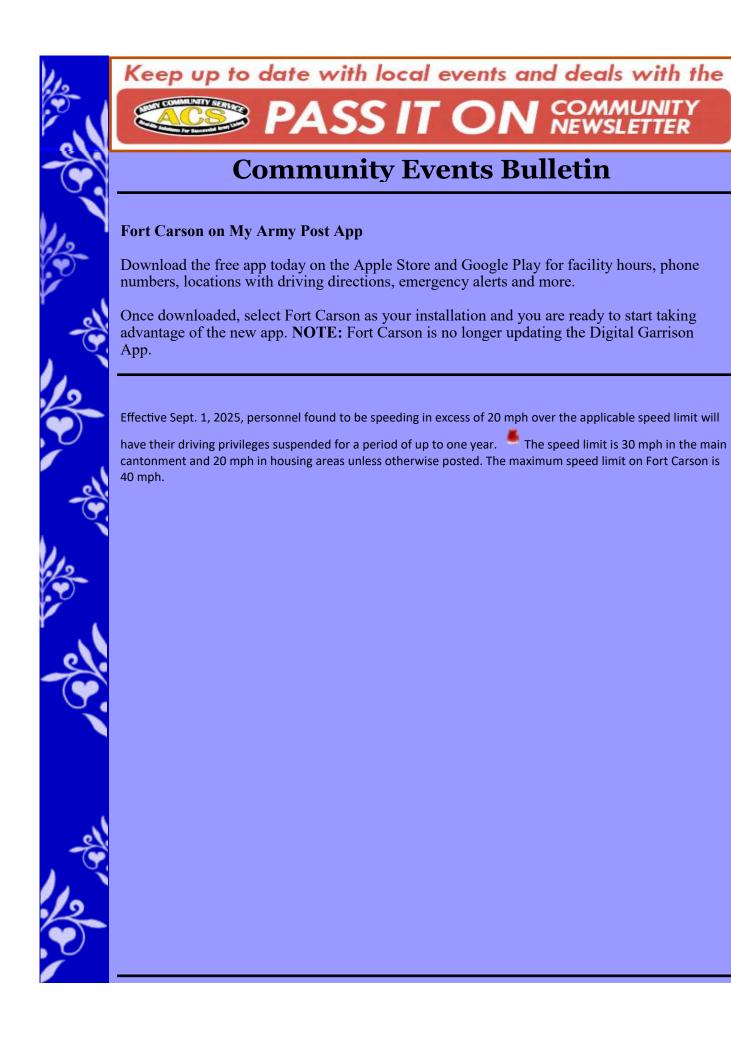






Army Community Services 6303 Wetzel Avenue, Building 1526 Fort Carson CO 80913 719-526-4590 719-243-7907 24/7 DV Hotline





PASS IT ON COMMUNITY NEWSLETTER

DATE	CLASS
08 Sept	Navigating the USIS Website; 12pm—12:30 pm
25 Aug	WIC Walk Ins, 1pm—3:30 pm
26 Aug	Introduction to Entrepreneurship: Building Your Business from the Ground Up, 8am to 4pm
02 Sept	Boot Camp for New Dads, 9 am—12 pm
16 Sept	Boot Camp for New Moms, 9am—1200pm
09 Sept	Cooperative Parenting and Divorce Class 0900—1300
02,09, 16 Sept	Infant Massage & Baby Nurturing, 9:30 to 11am
10 Sept	IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief, 10am—12:30 pm
21 Aug	SFRG Informal Funds Custodian Training, 10am—11:30am
03 & 10 Sept	Mountain Post Welcome for Spouses and Families, 1pm—2pm
05,12 & 19 Sept	Play Group, 10am—12pm
26 Aug	Baby Sign Language, 9am—10:30am
02 Sept	Financial Strength, 0930—11am

PASS IT ON COMMUNITY NEWSLETTER

DATE	CLASS
03 Sept	Blended Family Parenting, 12pm—1:30pm
27 Aug	New Volunteer Orientation, VMIS and OPOC Training, 1:30pm—3pm
	Toddler Time, 9:30am—11am
21 Aug 04 Sept	
10 Sept	Sole Parenting Information & Support Group 12:00 pm –1:30pm
21 Aug	Story Time @ Grant Library 10:30—11:30
21 Aug	Destination Europe 12:00—12:30pm







25 Aug

08 Sept

12pm—12:30pm

Provide Service Members and their Families with the knowledge and skills to effectively navigate the USCIS website, access accurate immigration information and utilize online tools to assist with their immigration/naturalization process.

Cost

Free service provided by your ACS Relocation Readiness Program.

Registration InformationClick here to register





25 Aug 08 Sept 15 Sept 1pm—3pm

Empowering Families with Food, Nutrition, Education and More 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.

Did you know? Colorado WIC offers:

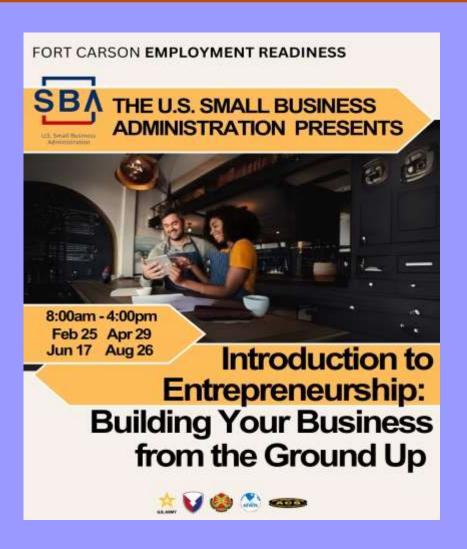
- HEALTHY FOOD + NUTRITION TIPS
- A COMMUNITY OF SUPPORT
- REFERRALS

Cost Free service provided by your ACS Community Information, Referral and Follow-up Program and the El Paso County Public Health.

Registration Information Walk-in basis; first come first serve. Check in on the lobby iPad, ACS Center, Bldg. 1526. <u>If you would like to request a WIC</u> appointment, click here.







26 Aug 8 am - 4 pm

Join us as we host The U.S. Small Business Administration's Boots to Business Introduction to Entrepreneurship: Building Your Business from the Ground Up at Army Community Service. Register now to save your seat, receive your official printed workbook, and learn how to join the B2B Community.

Cost FREE
Registration Information HERE







16 Sept 9 am - 12 pm

Class is offered every 3rd Tuesday of the month.

Are you expecting mom that has questions about parenting infants and local resources?

This class is an opportunity to interact with other expecting moms and develop confidence as a parent. We will discuss parentinfant relationships, common questions about parenting, postpartum issues, and much more.

Cost Free

Registration Information CLICK HERE TO REGISTER!



This class is located at the ACS Annes

> 1481 Titus Blvd Bldg. 7492 Fort Carson 719-526-0461

02, 09 and 16 September

Infant Massage 9:30-10:15 a.m.

Baby Nurturing 10:15-11:00 a.m.

Pregnant moms and parents with babies are encouraged to attend.

Systematic infant massage strokes alleviate colic, create strong bonds, increase the communication between baby and parent and provide a foundation of unconditional love and attachment. Topics pertaining to infant development and health are discussed.

For more information about our lactation specialist, please contact (719) 960-6435.

Cost FREE!

Registration Information CLICK HERE TO REGISTER!







26 Aug 02 Sept 09 Sept

1 pm—4 pm

Helping Parents and Caretakers Provide for their Families Child support services include:

- Locating parents
- Initiating legal paperwork
- Establishing parentage
- Establishing child support order
- Enforcing child support order
- Modifying a child support order

Helping parents overcome barriers that prevent order compliance Cost

Free service provided by your ACS Community Information, Referral and Follow-up Program and El Paso County Child Support Services.

Registration Information

-Walk-in-basis, first come first serve. Check in on the lobby iPad,



Financial Milestone

Disabling Sickness or Condition

This course will focus on the financial implications of dealing with a disabling sickness or condition – and help you manage your finances more efficiently as you work through it. Being informed improves your understanding of the challenges your family might face. It will help you make more knowledgeable health and financial decisions.







Fort Carson ACS (719) 526-4590





Mountain Post

WELCOME FOR SPOUSES & FAMILIES

NEWCOMERS ORIENTATION

27 Aug 03 and 10 September 1 pm—2 pm

Join us at the ACS Center, Bldg. 1526. Our orientation offers you an opportunity to meet other new arrivals, get "insider tips" to become familiar with the area and get any questions you may have answered. It's also a great way to learn about resources on and off Fort Carson.

Registration Information Click here to register







05, 12 & 19 Sept 10 am—12 pm

A fun-filled interactive get together for parents and children. Activities help children improve their social, cognitive and motor skills.

Registration Information <u>CLICK HERE TO REGISTER!</u> Walk-Ins Welcome!

Located at the ACS Annex | Family Nurturing Center 1481 Titus Blvd., Bldg. 7492 Questions? Call us at: (719) 526-0461



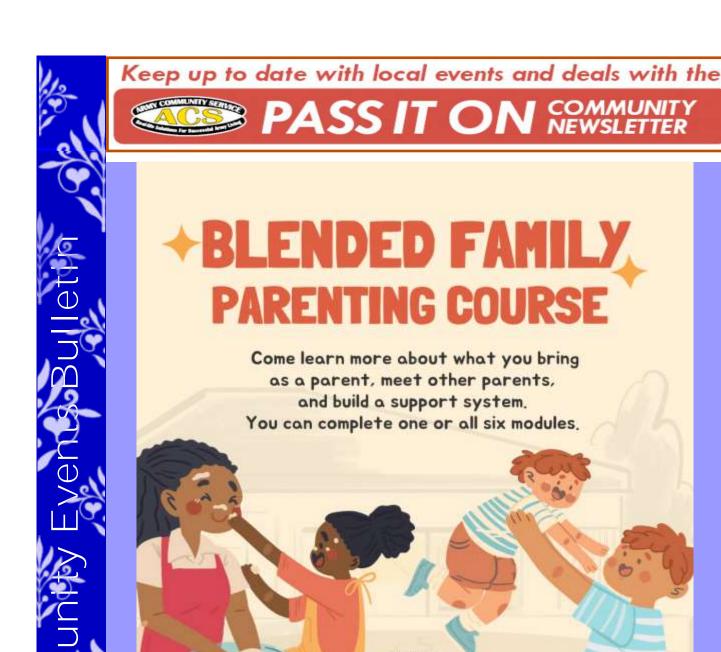




26 Aug 9 am—10:30 am

Babies are happiest when they can communicate with the people who love them the most, their families. Signing is a tool that can be the key into your baby's thoughts and the springboard for future language development.

Registration Information CLICK HERE TO REGISTER!



03 Sept

17 Sept

This class meets every other Wednesday 2024, from 1200-1330.

Come learn more about what you bring as a parent, meet other parents, and build a support system. You can complete one or all six modules. Come join us at any time!



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04 Sept 0930—11am

Participants interact on topics such as gross motor enhancement through songs and dance, sensory enrichment through arts and crafts, and nurturing the child as well as the parent. Open to parents with toddlers 18 months or above. No registration required, Walk-ins welcome.

Registration Information Walk-Ins Welcome!

Located at the ACS Annex | Family Nurturing Center 1481 Titus Blvd., Bldg. 7492 Questions? Call us at: (719) 526-0461



PASS IT ON COMMUNITY NEWSLETTER



Youth Coaches

Youth coaches are eligible for a discount on youth sports registration fees

Active - Duty

Active -duty youth coaches can earn promotion points.

Time Spent

Time spent as a youth coach counts as volunteer hours and can be added to your resume



Make the difference

A youth coach makes a difference in the lives of children in the community.

Rewards

Being a youth coach is rewarding and something to be proud of.





Find us on Soc @CarsonDFMWR





Youth Sports @ Youth Center 6181 Ware St., Bldg. 5950 Fort Carson, CO 80913

(719) 526-4425

Lead in Modernizing and Innovating to be the Army's premier installation to work. Ive. train, and this at





Fort Carson HEARTBEAT

Peer Support for Survivors of Suicide Loss

6:15pm the 2nd Tuesday of each month

Heartbeat Care and Share, a time for Heartbeat families and friends affected by suicide to connect.

Virtual ZOOM Meeting or In-person 6990 Mekong Bldg. 6215 Fort Carson

Contact for more information:

Angelika McShan Paul McShan

719-338-1796 202-441-8580

gsdfriend2@gmail.com pavlmcshan@gmail.com

HEARTBEAT Survivors After Suicide, Inc.

www.heartbeatsurvivorsaftersuicide.org is a international non-profit organization affiliated with

Suicide Prevention Partnership / Pikes Peak Region American Association of Suicidology American Foundation for Suicide Prevention Suicide Prevention Coalition of Colorado www.pikespeaksuicideprevention.org www.suicidology.org www.afsp.org www.suicidepreventioncolorado.org





Resources for Deployed National Guard and Reserve Service Members



FUNDING BACK-TO-SCHOOL ACTIVITIES

FOR CHILDREN OF DEPLOYED NATIONAL GUARD & RESERVE OR POST-9/11, COMBAT INJURED VETERANS







Fathering For Life Course

September 3 - December 17

Wednesdays from 1530-1700 ACS Annex; BLDG 7492

15-week class will encourage father-child relationships, cultivate bonding, attachment, communications and build family resiliency

Contact Christian Nunez for more information 719-725-4216 or christian.p.nunez.civ@army.mil





