

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

TABLE OF CONTENTS

- Community Bulletin
- ACS Calendar of Events
- ACS Portable Class Delivery
- Army Substance Abuse Program
- Better Opportunities for Single Soldiers
- Child & Youth Services
- Employee Assistance Program
- Evans Army Community Hospital
- Fort Carson Family Homes
- Military & Family Life Counseling
- **Mountain Post Spouses' Club / Thrift Shop**
- Food Resources
- Fort Carson and the Surrounding Community

Keep up to date with local events and deals with the




PASS IT ON COMMUNITY NEWSLETTER

Community Events Bulletin

Fort Carson on My Army Post App

Download the free app today on the Apple Store and Google Play for facility hours, phone numbers, locations with driving directions, emergency alerts and more.

Once downloaded, select Fort Carson as your installation and you are ready to start taking advantage of the new app. **NOTE:** Fort Carson is no longer updating the Digital Garrison App.

Effective Sept. 1, 2025, personnel found to be speeding in excess of 20 mph over the applicable speed limit will have their driving privileges suspended for a period of up to one year.  The speed limit is 30 mph in the main cantonment and 20 mph in housing areas unless otherwise posted. The maximum speed limit on Fort Carson is 40 mph.

Keep up to date with local events and deals with the



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 |

Keep up to date with local events and deals with the



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 |
| 21 Aug 04 Sept | Toddler Time, 9:30am—11am |
| 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 |

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Navigating the USCIS Website

Learn to utilize online tools to assist with immigration & naturalization

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 Information

[Click here to register](#)

Keep up to date with local events and deals with the



PASS IT ON

**COMMUNITY
NEWSLETTER**



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. [If you would like to request a WIC appointment, click here.](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

FORT CARSON EMPLOYMENT READINESS

SBA THE U.S. SMALL BUSINESS ADMINISTRATION PRESENTS

U.S. Small Business Administration



8:00am - 4:00pm
Feb 25 Apr 29
Jun 17 Aug 26

**Introduction to Entrepreneurship:
Building Your Business
from the Ground Up**



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](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



**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 parent-infant relationships, common questions about parenting, postpartum issues, and much more.

Cost Free

Registration Information
[CLICK HERE TO REGISTER!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



This class is located
at the ACS Annes|
Family Nurturing
Center located at

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!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



**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,~~

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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.



SECURING THE
**FINANCIAL
FRONTLINE**



Fort Carson ACS
(719) 526-4590

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



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 [CLICK HERE TO REGISTER!](#)
Walk-Ins Welcome!

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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



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!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

◆ BLENDED FAMILY PARENTING COURSE ◆

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.



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!

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



**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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



COACHES NEEDED! YOUTH SPORTS

FITNESS COACHES,
CHILD, YOUTH AND SCHOOL SERVICES



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



UNITED STATES ARMY
CHILD & YOUTH SERVICES

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.



More Events and Info at
carson.armymwr.com



Find us on Soc
@CarsonDFMWR



@carsonmwr
#CarsonMWR



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, live, train, and thrive!"

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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

719-338-1796

gsdfriend2@gmail.com

Paul McShan

202-441-8580

paulmcshan@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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Resources for Deployed National Guard and Reserve Service Members



**OUR
MILITARY
KIDS**

FUNDING BACK-TO-SCHOOL ACTIVITIES FOR CHILDREN OF DEPLOYED NATIONAL GUARD & RESERVE OR POST-9/11, COMBAT INJURED VETERANS



OURMILITARYKIDS.ORG/
APPLY

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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



FIND MORE INFORMATION ON OUR WEBSITE

Carson.ArmyMWR.com/ACS

