

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



16 November 2022

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.



CLICK THE GRAPHIC ABOVE TO LEARN MORE!

No Fort Carson/ Army Endorsement Implied

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

- [Army Community Service](#)
- [Army Volunteer Corps](#)
- [Employment Readiness Program](#)
- [Exceptional Family Member Program](#)
- [Family Advocacy Program](#)
- [Financial Readiness Program](#)
- [Information, Referral, & Follow-Up Program](#)
- [Military & Family Life Counseling](#)
- [Mobilization and Deployment Program](#)
- [New Parent Support Program](#)
- [Portable Class Delivery](#)
- [Relocation Readiness Program](#)
- [Upcoming ACS Classes & Workshops](#)
- [Victim Advocacy Program](#)

- [AAFES - Fort Carson Exchange](#)
- [Army Education Center](#)
- [Army Substance Abuse Program](#)
- [Employee Assistance Program](#)
- [Suicide Prevention](#)
- [Community Events Bulletin](#)
- [Child & Youth Services](#)
- [Evans Army Community Hospital](#)
- [Food Resources](#)
- [Fort Carson Family Homes](#)
- [Fort Carson Mountaineer - Calendar of Events](#)
- [Fort Carson & The Surrounding Community News](#)
- [Hotlinks](#)
- [Morale, Welfare, & Recreation](#)
- [Mountain Post Spouses' Club](#)
- [Religious News & Services](#)
- [Safe Exchange Location](#)
- [Scholarship News](#)
- [Surrounding Military Installations News](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Community Events Bulletin

Gate hours

Directorate of Emergency Services Physical Security and Access Control recently announced changes to Fort Carson Gate operating hours. Among the changes are that Gate 2, located off Highway 115 at O'Connell Boulevard, is closed indefinitely. Gate 4, located off B Street and Academy Blvd. hours have changed as outlined below.

--Gate 2: closed indefinitely

--Gate 4: Open Monday-Friday from 5 a.m. to 9 p.m.; closed Monday-Friday from 9 p.m. to 5 a.m., closed Saturday-Sunday, training holidays and federal holidays.

--Temporary gate closure: Gates 6 and 19 will be closed Dec. 17 to Jan. 2. Drivers should plan to use alternate gates of entry/exit during this time. Normal hours of operation for gates 6 and 19 will resume Jan. 3 from 5 a.m. to 6 p.m. Monday-Friday.

--Over the next year patrons may see and experience several improvements to Fort Carson entry control points: improved scanners, improved entry control systems and improvements to traffic control and communication signs.

Information about visitor access and pass requirements can be viewed at <https://home.army.mil/carson/index.php/about/visitor-information>. Questions about Visitor Access and required ID may be answered by calling the Visitor Control Center at 719-526-2332.

RSO holy day schedule

The Religious Support Office (RSO) announces the following schedule for holy days through the holiday season.

--Jewish: Dec. 19 at 5 p.m. is a Hannukah Celebration at Soldiers' Memorial Chapel.

--Catholic: Dec. 24 at 8 p.m. is a Christmas Eve Mass at Soldiers' Memorial Chapel; Dec. 25 at 9 a.m. is a Christmas Day Mass at Soldiers' Memorial Chapel; and Jan. 1 at 9 and 11 a.m. are Masses at Soldiers' Memorial Chapel.

--Protestant: Dec. 24 at 6 p.m. is a Candlelight Service at Soldiers' Memorial Chapel; Dec. 25 at 11 a.m. is a Traditional Protestant Service at Provider Chapel; Dec. 31 at 6 p.m. is an Agape Worship Service at Soldiers' Memorial Chapel; and Jan. 1 at 11 a.m. is a Traditional Protestant Service at Provider Chapel.

--Samoan: Dec. 24 at 6:30 p.m. is a Christmas Eve Service at Veterans Chapel and Dec. 25 at 6:30 p.m. is a New Year's Eve Service at Veterans Chapel.

--Gospel: Dec. 25 at 10 a.m. is a Christmas Worship Service at Prussman Chapel and Jan. 1 at 10 a.m. is a New Year's Worship Service at Prussman Chapel.

--For more information, contact the Garrison RSO at 719-526-5279.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Community Events Bulletin

Ed Center hours

--Closed Nov. 17 from 7:30-10:30 a.m. for staff training. This closure will affect reception/front desk and Counseling Services only. All other areas such as BSEP, computer lab (MLF), testing and the colleges will operate as usual.

--Closed Nov. 24-25 all day

--Closed Dec. 1 from 7:30-10:30 a.m. for staff training. This closure will affect reception/front desk and Counseling Services only. All other areas such as BSEP, computer lab (MLF), testing and the colleges will operate as usual.

--Closed Dec. 15, 23, and 30 all day

Tenant satisfaction survey

An Army Housing Tenant Satisfaction Survey period runs through Dec. 16. The surveys were emailed by ArmyHousingSurvey@celassociates.com for anyone who has an email address on file with Fort Carson Family Homes. Fort Carson Family Homes residents who do not have an email on file or who did not receive the survey should contact Fort Carson Family Homes at 719-579-1606.

Benefits fair

The 2023 Open Season runs Nov. 14 to Dec. 12. The Fort Carson Civilian Personnel Advisory Center (CPAC) will be holding a benefits fair Nov. 15 from 11:30 a.m. to 1 p.m. in building 1118. The benefits vendors will be available to discuss and answer questions regarding the 2023 open enrollment season and the benefit plans they are offering. Location: Civilian Personnel Advisory Center, 1626 Ellis St., building 1118, room 142.

Facility manager refresher training

The Directorate of Public Works (DPW) is hosting a Facility Manager Refresher Training event for military facility managers Nov. 17 from 9:30 to 11 a.m. at The Hub, building 1532, near the intersection of Specker Avenue and Prussman Boulevard. The refresher training is for certified military facility managers who have attended the two-day DPW Facility Management Class.

The training will provide updates on service order processing; work requests; energy and water conservation; recycling; and fire prevention safety (Fire Warden) responsibilities. Those who have taken DPW Facility Management Class within the last 12 months do not need to take the refresher training until the next year.

For more information about the refresher training or the facility manager data call, email susan.c.galentine.civ@army.mil.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Community Events Bulletin

Green to Gold briefings

Green to Gold briefings will be presented at the Education Center in room 304 on the following dates from 12-1:15 p.m.: Oct. 25, Nov 1, Nov. 15, Dec. 6 and Dec. 20. Don Caughey will be present at the education center in room 136 from 9:30 a.m. to noon Tuesdays, except Oct. 18, Nov. 22 and Dec. 27. To make an appointment, contact Caughey at 719-255-3475 or email armyrotc@uccs.edu or Donald.C.Caughey.civ@army.mil.

The Mountain Post online

The Fort Carson Mountaineer began printing in 1942, shortly after then Camp Carson was established. The newspaper kept the community informed during every U.S. conflict since World War II. It has evolved over the past several years to include an online publication, but often the timeliness of content was not ideal. In November, the Mountaineer will cease publication in both print and online formats and make way for a more timely online news site, The Mountain Post. The Mountain Post online will be located on the Fort Carson website and will feature posts of same-day content on events, topics and services that affect the Mountain Post Community.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Army Volunteer Corps - Did You Know?!

Fort Carson Volunteer Award Recognition Programs

Annual Recognition Ceremony, Quarterly and Immediate Recognition Programs: Commanding General's Certificate of Appreciation, Exemplary Service Award, Youth and Adult Volunteers of the Year, Steadfast and Loyal Hall of Fame Volunteer, and Military Outstanding Volunteer Service Medal (MOVSM). Volunteers of the Quarter (VOQ) are also recognized quarterly through a nomination process.



ALWAYS NO COST!

(719) 526-4590

CARSON.ARMYMWR.COM/ACS

Visit the AVC webpage [HERE!](https://carson.armymwr.com/acs)

Keep up to date with local events and deals with the



PASS IT ON

COMMUNITY NEWSLETTER

Family Advocacy Program - Did You Know?!

Women's Domestic Violence Support Group

IT HAS BEEN SHOWN THAT IT IS IMPORTANT FOR SURVIVORS TO BE ABLE TO HELP EACH OTHER AND THAT PARTICIPATING IN A GROUP CAN HELP TURN NEGATIVE EXPERIENCES INTO SOMETHING POSITIVE. THE DOMESTIC VIOLENCE SURVIVORS GROUP FOCUSES ON SEVERAL MODULES TO LEARN THE WHEEL OF POWER, SAFETY AND BUILDING COMMUNITY, HOW TO REBUILD RELATIONSHIPS WITH CHILDREN, FAMILY AND FRIENDS, SELF-ADVOCACY AND THE POWER OF SELF-TALK, STAGES OF HEALING, AND LEARNING POSITIVE AFFIRMATIONS.



(719) 526-0461

CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!

Visit the ACS Family Advocacy webpage [HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Family Advocacy Program - Did You Know?!

Commanders and Military Leadership

IAW AR 608-18, the Troop Education Program is a required prevention program consisting of annual troop education by ACS Family Advocacy Program staff for all Soldiers on the Family dynamics of spouse and child abuse, the availability of prevention and treatment services, and the Army's policies regarding Family violence. The Army Community Service Family Advocacy Program provides this one hour brief to meet training requirements.

Briefings are scheduled on the following dates at McMahon Theatre from 10-11am:

09/16/22	01/12/23	04/20/23
10/07/22	01/20/23	05/04/23
10/20/22	02/10/23	05/19/23
11/04/22	02/16/23	06/09/23
11/17/22	03/03/23	06/29/23
12/15/22	03/16/23	07/06/23
12/16/22	04/14/23	07/28/23



Annual Troop Training for Domestic Violence Prevention

Seating is on a first come first serve basis.

To schedule a separate briefing for your unit, call (719) 524-0912 or (719) 524-1899.

Call (719) 524-0912 or (719) 524-1899 to schedule a separate briefing for your unit.

Visit the FAP webpage [HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Exceptional Family Member Program - Did You Know?!

EFMP & ME

This is a new digital tool to guide Military Families with special needs to the specific information and resources they need. Using the tool, you can learn about support services, preparing for a move or deployment, responding to changes in education or medical needs, and adjusting to new life situations. EFMP & Me gives families personalized assistance based on their specific circumstances.



(719) 526-0461
CARSON.ARMYMWR.COM/ACS

ALWAYS AT NO COST!

Visit the EFMP webpage [HERE!](https://carson.armymwr.com/acs)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Employment Readiness Program - Did You Know?!

RESUME REVIEW

This one-on-one Resume Review appointment can help you perfect your resume before your interview. Please note: Before your appointment, you'll need to create a draft of a resume (Civilian or Federal). During your appointment you'll edit these drafts with the assistance of an ERP specialist.

(719) 526-4590

CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!

[Visit the ERP webpage HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Financial Readiness Program - Did You Know?!

ARMY EMERGENCY RELIEF



AER is a private non-profit organization whose mission is to provide financial assistance to Soldiers and Family Members, Retirees, Retiree Family members, and Medically Retired Wounded Warriors needing financial assistance in an unforeseen emergency situation. If you are in need of assistance, contact ACS AER for more information or how to apply.

(719) 526-4590
carson.armymwr.com/acs



Visit the FRP webpage [HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Information, Referral, and Follow-Up Program - Did You Know?!

COMMUNITY OUTREACH - CONNECTING PEOPLE TO SERVICES

Would you like to have an Army Community Service representative attend your next event to share information about the free resources and services that ACS has to offer? Are you a community partner looking to build a connection with Fort Carson's ACS? Reach out to our Outreach Program Coordinator today!

(719) 526-4590
CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!

Visit the I&R webpage [HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Mobilization & Deployment Program - Did You Know?!

ACS INSTRUCTOR TRAINING COURSE

Family members, Soldiers, and Civilians learn to become an effective ACS instructor. No prior teaching experience is necessary. Students will learn the many skills and techniques necessary to be a successful facilitator. They'll also learn how to prepare for and present effective briefings, developing platform skills, teaching adult learners, and more.

(719) 526-4590

CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!



Visit the MOB/DEP webpage [HERE!](#)

Relocation Readiness Program

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Relocation Readiness Program - Did You Know?!

**PCS
101**

Provides PCSing Soldiers with information on planning and executing a successful move. Soldiers & Family Members can go online for this information or schedule a one-on-one to cover all your questions.

(719) 526-4590

CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!

Visit the RELO webpage [HERE!](#)

New Parent Support Program

Keep up to date with local events and deals with the



PASS IT ON

COMMUNITY
NEWSLETTER

**New Parent Support Program -
Did You Know?!**

TOUGH TOPICS

*A GROUP TO HELP ASSIST
PARENTS AND CAREGIVERS
WITH NAVIGATING DIFFICULT
CONVERSATIONS.*



ALWAYS AT NO COST!

(719) 526-0461

CARSON.ARMYMWR.COM/ACS

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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Victim Advocacy Program - Did You Know?!



VICTIM ADVOCACY PROGRAM

VICTIM ADVOCATES HELP EMPOWER VICTIMS TO MAKE DECISIONS THAT WILL AID IN IMPROVING THEIR QUALITY OF LIFE. THEY PROVIDE VICTIMS WITH INFORMATION ON THEIR RIGHTS, HELP LOCATE SHELTERS, ESTABLISH SAFETY PLANS, AND ACCOMPANY VICTIMS TO COURT PROCEEDINGS AND/OR MEETINGS WITH LAWYERS, POLICE AND COMMAND. THEY ALSO MAKE REFERRALS TO LOCAL RESOURCES.

24/7 DOMESTIC VIOLENCE HOTLINE
(719) 243-7907

(719) 526-0461
CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!

Visit the VAP webpage [HERE!](#)

Army Community Service Upcoming Classes

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

DATE	CLASS	TIME
November 22nd	<u>Command Family Readiness Representative (CFRR) Academy</u>	9:30 am - 4:30 pm
	<u>Infant Massage & Baby Nurturing</u>	9:30 am - 11 am
	<u>Center on Fathering</u>	1 pm - 3 pm
November 23rd	<u>Command Family Readiness Representative (CFRR) Academy</u>	9:30 am - 4:30 pm
	<u>SFAC Transition and Medical Retirement Brief</u>	10 am - 11 am
	<u>Disabling Sickness or Condition: Financial Milestone Training</u>	11 am - 12 pm
	<u>Homebuyers Workshop</u>	1 pm - 4 pm
November 25th	<u>Play Group</u>	10 am - 12 pm
	<u>Mountain Post Welcome for Spouses and Families</u>	10:30 am - 11:30 am
November 29th	<u>Infant Massage & Baby Nurturing</u>	9:30 am - 11 am
	<u>Center on Fathering</u>	1 pm - 3 pm
November 30th	<u>Volunteer, VMIS and OPOC Training</u>	1:30 pm - 3 pm
December 1st	<u>Auditing SFRG Informal Funds</u>	9:30 am - 11:30 am
	<u>LinkedIn Fundamentals</u>	9:30 am - 10:30 am
	<u>Toddler Time</u>	9:30 am - 11 am
	<u>EFMP 101 Sessions (Exceptional Family Member Program)</u>	11 am - 12 pm
	<u>Thrift Savings Plan (TSP) Class</u>	1 pm - 2 pm
December 2nd	<u>Financial Milestone: Marriage</u>	9:30 am - 10:30 am
	<u>Play Group</u>	10 am - 12 pm
	<u>Mountain Post Welcome for Spouses and Families</u>	10:30 am - 11:30 am
	<u>Multi-Cultural Meetup</u>	1 pm - 2:30 pm
	<u>Interview Skills & Techniques</u>	1:30 pm - 2:30 pm
	<u>Financial Milestone: Birth of First Child</u>	1:30 pm - 2:30 pm

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

Army Community Service Upcoming Classes

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

DATE	CLASS	TIME
December 6th	Boot Camp For New Dads	9 am - 12 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Understanding Your Credit Score	9:30 am - 11 am
	SFRG Informal Funds Custodian Training	10 am - 11:30 am
	Center on Fathering	1 pm - 3 pm
	SFRG Key Contact Training	1 pm - 2:30 pm
December 7th	Military Spouse Preference & Federal Employment	9:30 am - 10:30 am
December 8th	SFRG Management Course	9:30 am - 2:30 pm
	Toddler Time	9:30 am - 11 am
	Financial Milestones	1 pm - 2 pm
December 9th	Play Group	10 am - 12 pm
	Mountain Post Welcome for Spouses and Families	10:30 am - 11:30 am
December 13th	Cooperative Parenting and Divorce Class	9 am - 1 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Navigating USAJOBS	9:30 am - 10:30 am
	Baby Orientation	10 am - 11:30 am
	Center on Fathering	1 pm - 3 pm
	Heartbeat	6:15 pm - 8 pm
December 14th	Financial Strength Budgeting 101	10 am - 11 am
December 15th	Federal Resume 101	9:30 am - 10:30 am
	Toddler Time	9:30 am - 11 am
	Annual Troop Training for Domestic Violence Prevention	10 am - 11 am

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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



MILITARY AND FAMILY LIFE COUNSELOR PROGRAM

Military families face unique challenges. They may struggle with issues such as deployment-related stress, reintegration and pressures of managing parenting and finances while a loved one is deployed.

To support military families facing these or additional challenges, the MFLC program:

- » Provides short-term, non-medical counseling services to service members and their families at no cost
- » Provides psycho-education to help military service members and their families understand the impact of deployments, family reunions following deployments and other stresses related to the military life
- » Augments existing military support services
- » Offers flexible service delivery
- » Can provide services on or off of military installations
- » Can provide services to individuals, couples, families and groups

With the exception of child abuse, domestic abuse and duty to warn situations services are private and confidential.

ABOUT MILITARY AND FAMILY LIFE COUNSELORS

- » Masters or Doctorate-level licensed counselors
- » Work with families, individuals, couples and children
- » Work with existing military and family support programs to complement services provided

NON-MEDICAL COUNSELING SERVICES

Life skills

- » Anger management
- » Communication
- » Relationship issues
- » Conflict resolution
- » Parenting
- » Decision-making skills

Military lifestyle

- » Deployment stress
- » Coping skills
- » Homesickness
- » Relocation adjustment
- » Reintegration
- » Separation
- » Building resiliency
- » Sadness, grief and loss



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.

Mountain Post Spouses' Club

Keep up to date with local events and deals with the

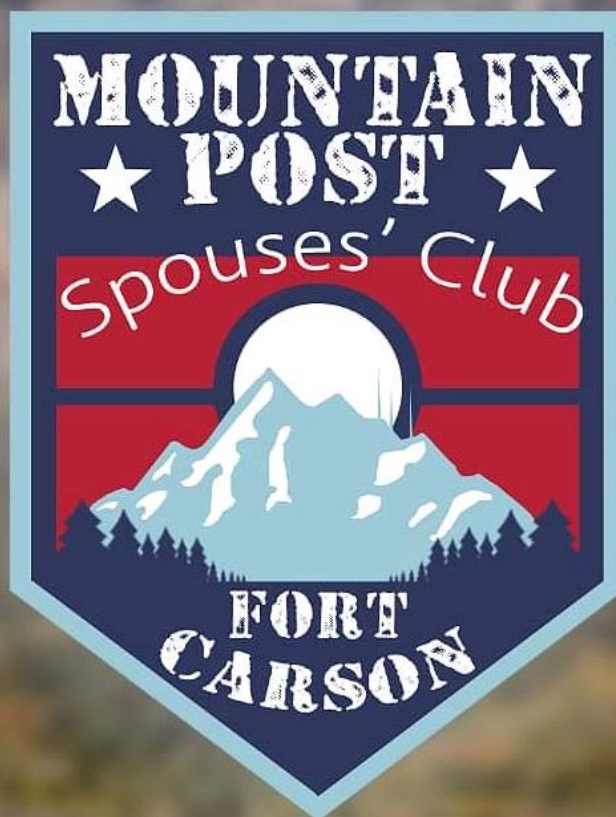


PASS IT ON COMMUNITY NEWSLETTER

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



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

[Auto Skills Center](#)

[Army Community Service](#)

[Better Opportunities for Single Soldiers](#)

[Child and Youth Services](#)

[Community Events](#)

[Elkhorn Catering and Conference Center](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Social & Dining](#)

[Space Base Delta I \(Peterson SFB, Schriever SFB, Cheyenne Mt. SFS\)](#)

[Specialty Services \(Shooting, Hunting, Fishing, Wildlife and Forestry\)](#)

[Sports & Fitness \(Intramural Sports, Aquatics, Fitness Centers, Climbing Wall, and more!\)](#)

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

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



Published in the interest of the Fort Carson Community. Visit the Fort Carson website at <http://www.carson.army.mil>.



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Weekly Food Pantry Pick-ups

Every Tuesday from 2pm - 6pm

3219 S. Academy Blvd. Colorado Springs, CO 80916

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

Keep up to date with local events and deals with the



PASS IT ON

**COMMUNITY
NEWSLETTER**

We're Glad You're Here!

A Warm Meal Awaits You Inside!



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

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

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

To learn more go to CCharitiesCC.org

Keep up to date with local events and deals with the



PASS IT ON

COMMUNITY NEWSLETTER



**NEED FOOD
ASSISTANCE?**

Register for the Marketplace



Catholic
Charities
of Central Colorado

CLIENTS CAN SCHEDULE AN
APPOINTMENT AND SHOP JUST AS
THEY WOULD AT A STANDARD
GROCERY STORE.

The Marian House Marketplace pantry is currently open Mon, Wed, and Fri each week from 1:30 - 5:00 pm. You can call 719.866.6288 or email pantry@ccharitiescc.org to enroll and/or schedule an appointment. To see a video of what the pantry looks like and learn more about our services go to <https://www.ccharitiescc.org/emergency-essential-services/marian-house-nutrition-services/>

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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson Religious Services

Saturday

Agape (Contemporary)	Soldier Memorial Chapel	1800
----------------------	-------------------------	------

Sunday

Catholic Mass	Soldier Memorial Chapel	0900 and 1100
---------------	-------------------------	---------------

Traditional Protestant	Healer Chapel (Evans Hospital)	0900
------------------------	--------------------------------	------

Traditional Protestant	Provider Chapel	1100
------------------------	-----------------	------

Gospel Service	Prussman Chapel	1000
----------------	-----------------	------

Samoan	Veterans Chapel	1100
--------	-----------------	------

Tuesday

Jewish Studies	Veterans Chapel	1200
----------------	-----------------	------

Wednesday

Wednesday Family Night	Soldier's Memorial Chapel	1700
------------------------	---------------------------	------

Monday - Friday

Daily Catholic Mass	Soldier Memorial Chapel	1145
---------------------	-------------------------	------

Friday

Islamic Prayers	Provider Chapel	1315
-----------------	-----------------	------

Religious News and Services

Operation Thanksgiving



Prussman will be sponsoring 75 Active Duty Families with a turkey and a meal to cook.

Register between 7 November until 18 November (or all are gone)

For more information, please email us at prussmanchapel@gmail.com

Please register for your basket at

<https://www.eventbrite.com/e/operation-thanksgiving-baskets-tickets-462685072507>

Keep up to date with local events and deals with the



PASS IT ON

COMMUNITY NEWSLETTER

Keep up to date with local events and deals with the



PASS IT ON

**COMMUNITY
NEWSLETTER**

Prussman

Women's FELLOWSHIP

THE TEMPLE CHURCH WOMEN'S FELLOWSHIP

When: Second Saturday of each month

Time: 11:00 AM

Where: Prussman Chapel, Building 1850, Fellowship Hall

Potluck Lunch

Getting contacted with Sisters in Christ!

For more information, email prussmanchapel@gmail.com

When: Third Saturday of each month

Time: 9:00 AM

Where: Prussman Chapel, Building 1850, Fellowship Hall

Breakfast is served.

Getting contacted with Brothers in Christ!



**MEN'S
MINISTRY**
men helping men be men.

For more information, email
prussmanchapel@gmail.com

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Prussman Men's Choir Rehearsal

When: Fourth Saturday of
each month

Time: 10:00 AM

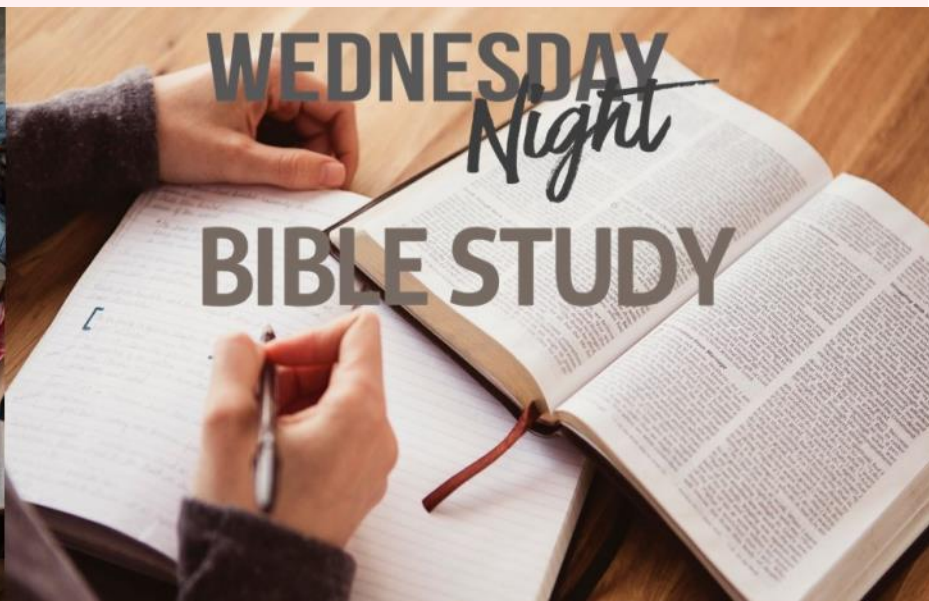
Where: Prussman Chapel,
Building 1850

For more information, please
email

prussmanchapel@gmail.com



MIEN Choir Rehearsal



Begins at 6:00 PM
Prussman Chapel, building 1850,
Fellowship Hall

Sunday school is now combined with Wednesday Night Bible Study

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

P Intercessory *ayer*



Every Thursday
beginning at 11:30 AM.
Prussman Chapel,
building 1850

Pray WITHOUT
CEASING

No Lunch will be
provided.

For more information, please email prussmanchapel@gmail.com

THURSDAY — Night —

Prussman Choir Rehearsal

Join us!

Prussman Chapel, Building 1850

Rehearsal begins at 6:00 PM

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Join us Every Sunday Morning at 1000

Welcome to
Prussman Chapel

“Where everyone is someone
and Christ is ALL”



Sunday Service

Find them on FACEBOOK by searching
www.facebook.com/GospelService

Let them know what you think of chapel
programs

[By Clicking HERE!](#)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



**U.S Army
Fort Carson**



Islamic Service

Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

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

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

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

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

Joshua.l.porter20@army.mil

Usa.ca@yahoo.com

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Spiritually **READY** WEDNESDAY FAMILY NIGHT

Nursery for infants

Free meal

Awana Club for kids

Eight adult classes

Find your community...

Every Wednesday



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

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

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

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

SIGN UPS ARE OPEN!

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

CONTINUE
A Biblical Journey in Personal Discipleship



FINANCIAL *Peace*
UNIVERSITY

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



JOIN US

2022 Focus: TRANSITION TO TRANSFORMATION

10 am

SUNDAY MORNING WORSHIP

THURSDAY NIGHT BIBLE STUDY

6 pm

10 am

SATURDAY MORNING PRAYER

(716) 427-1128 Access Code: 997460#

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

VISIT US @

ISSUESOFLIFECM.ORG

FACEBOOK/IOLCM

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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

scholarships

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

Military Family Member Scholarship Opportunities

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

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

[Freedom Alliance](#)

[Fisher House Foundation
Scholarship Program](#)



Better Opportunities For Single Soldiers

Keep up to date with local events and deals with the



PASS IT ON

COMMUNITY NEWSLETTER



**Better Opportunities
for Single Soldiers**



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

"Let Your Voice Be Heard"



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

Keep up to date with local events and deals with the



PASS IT ON

**COMMUNITY
NEWSLETTER**

Board Preparation Class

Every Thursday at The HUB
From 4:00 – 5:30 pm
Reservation and MOI are required

Mock Boards

Study Materials

Best Practices

For more information call 719-526-5347

More Events and Info at carnival.dannguyen.com Find us on Social Media: Facebook, Instagram, Twitter, YouTube, LinkedIn, and a wheelchair accessibility icon.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

<div>  Fort Carson Education Center On - Post College Schedule SPRING 2023  </div>									
Subject	Cse #	S.H	Title	Days	Start	End	Room #	Type	
COLORADO STATE UNIVERSITY - PUEBLO (CSU-P) 719-586-6930					17 JAN - 12 MARCH				
MATH	101	3	Introduction to College Mathematics	M&W	1730	2000	205	HY	
CRIM	413	3	Patterns of Homicide	R	1730	2000	205	HY	
COLORADO STATE UNIVERSITY - PUEBLO (CSU-P) 719-586-6930					17 JAN - 14 MAY				
AIM	130	1	Automotive Brake Systems	T	1730	2000	205	HY	
AIM	130L	2	Automotive Brake Systems Lab	R	1730	2000	MWR	HY	
COLORADO STATE UNIVERSITY - PUEBLO (CSU-P) 719-586-6930					13 MARCH - 14 MAY				
CRIM	353	3	Penology	R	1730	2000	205	HY	
EMBRY-RIDDLE AERONAUTICAL UNIVERSITY (ERAU) 719-576-6858					9 JAN - 12 MAR				
ASCI	254	3	Aviation Legislation	W	1800	2120	204	EVC	
ECON	211	3	Macroeconomics	T	1800	2120	204	EVC	
LGMT	420	3	Management of Productions and Operations	T	1800	2120	201	EVC	
MATH	111	3	Pre-calculus for Aviation	M	1800	2120	204	EVC	
OBLD	317	3	Organizational Behavior	R	1800	2120	204	EVC	
SFTY	330	3	Aircraft Accident Investigation	R	1800	2120	201	EVC	
EMBRY-RIDDLE AERONAUTICAL UNIVERSITY (ERAU) 719-576-6858					20 MAR - 21 MAY				
FINE	332	3	Corporate Finance I	TBD	TBD	TBD	TBD	EVC	
MATH	112	3	Applied Calculus for Aviation	TBD	TBD	TBD	TBD	EVC	
MGMT	201	3	Principles of Management	TBD	TBD	TBD	TBD	EVC	
PHYS	102	3	Explorations in Physics	TBD	TBD	TBD	TBD	EVC	
SFTY	335	3	Mechanical and Structural Factors in Av. Safety	TBD	TBD	TBD	TBD	EVC	
SFTY	409	3	Aviation Safety	TBD	TBD	TBD	TBD	EVC	
PIKES PEAK STATE COLLEGE (PPSC) 719-502-4200					23 JAN - 19 MAR				
AAA	1009	3	Advanced Academic Achievement	W	1730	2010	305	HY	
PIKES PEAK STATE COLLEGE (PPSC) 719-502-4200					23 JAN - 5 MAR				
ENG	0094	3	Studio 1021	T	1730	2100	208	HY	
ENG	1021	3	English Composition I:CO1	R	1730	2100	208	HY	
PIKES PEAK STATE COLLEGE (PPSC) 719-502-4200					4 FEB - 15 APR				
PSY	1001	3	General Psychology I: SS3	S	0900	1105	208	HY	
ECO	2002	3	Prin of Microeconomics: SS1	S	0900	1105	209	HY	
SOC	1001	3	Intro to Sociology I: SS3	S	0900	1105	308	HY	
PIKES PEAK STATE COLLEGE (PPSC) 719-502-4200					6 MAR - 23 APR				
ENG	1022	3	English Composition II:CO2	W	1730	2100	208	HY	
PSY	2440	3	Human Growth & Developmnt: SS3	T	1730	2100	209	HY	
PIKES PEAK STATE COLLEGE (PPSC) 719-502-4200					20 Mar - 21 May				
AAA	1009	3	Advanced Academic Achievement	W	1730	2010	305	HY	
ENG	0094	3	Studio 1021	T	1730	2010	208	HY	
ENG	1021	3	English Composition I:CO1	R	1730	2010	208	HY	
UNIVERSITY OF MARYLAND GLOBAL CAMPUS (UMGC) 719-246- 3952					11 JAN - 07 MAR				
CMIT	321	3	ETHICAL HACKING	T	1800	2100	200	HY	
BIOL	103	3	CONCEPTS OF BIOLOGY	W	1800	2100	200	HY	
IFSM	201	3	CONCEPTS AND APPLICATIONS OF IT	R	1800	2100	200	HY	
UNIVERSITY OF MARYLAND GLOBAL CAMPUS (UMGC) 719-246- 3952					15 MAR - 09 MAY				
WRGT	393	3	ADVANCED TECHNICAL WRITING	T	1800	2100	200	HY	
CMST	301	3	DIGITAL MEDIA AND SOCIETY	W	1800	2100	200	HY	
UNIVERSITY OF COLORADO - COLORADO SPRINGS (UCCS) 719-526-8066					17 JAN - 13 MAY				
FCS	1010	3	Basic Spanish I	M&W	1645	1920	304	HY	
FCS	1010	3	Basic Spanish I	T&R	1645	1920	304	HY	
GPS	3010	3	Gateway Program Seminar Transition Seminar	M	1730	2010	304	HY	
LEAD	1600	3	Leading Teams and Organizations	TBD	TBD	TBD	TBD	HY	
CHEM	1401	4	General Chemistry I	TBD	TBD	TBD	TBD	HY	
CHEM	1402	1	General Chemistry Laboratory I	TBD	TBD	TBD	TBD	HY	
CHEM	1411	4	General Chemistry II	TBD	TBD	TBD	TBD	HY	
CHEM	1412	1	General Chemistry Laboratory II	TBD	TBD	TBD	TBD	HY	

Days: M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=Saturday, A=Arranged Schedule.
 Type: C= Classroom, HY=Hybrid- combines classroom & online learning, EVC=Eagle Vision Classroom-LIVE Instructor webcast in classroom, RE=Remote (synchronous online on scheduled days and times), HF= Hyflex course (hybrid with flexibility)
 TBD=To Be Determined

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

10/31/22

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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

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



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

[Employee Assistance Program](#)

[Prevention](#)

[Risk Reduction](#)

[Suicide Prevention](#)

[Drug Testing / Collecting](#)

Military Personnel, DOD Civilians and Retirees:

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

Fort Carson Army Substance Abuse Program

1SBCT

Jennifer Jenkins @ 526-2366

HHBN

DIVARTY

2SBCT

Norma Rivera @ 526-2710

4 CAB

1st Space BDE

3ABCT

Christopher Cowan @

SFAB

526-9191

10 SFG

USAG

Anthony McCollin @526-5108

WCAP

(Prevention Branch Chief)

4 SB

Susanne Watts @

759 MP

526-9283

71 EOD

MEDDAC

627 HC

Drug Testing Collection Point: 526-8407

ASAP Administration: 526-2181

EAP: 526-2196

Suicide Prevention: 526-0401

Program Manager: 526-2501

Fort Carson's Army Substance Abuse Program consists of 5 supporting programs:

- Drug Testing
- Risk Reduction
- Suicide Prevention
- Prevention/Training
- Employee Assistance Program (EAP)



Counseling and Treatment (SUDCC) - NOT a part of ASAP

Counseling and Treatment for Substance Use Disorders is no longer a part of ASAP. In October 2016, all counseling function were re-assigned to MEDCOM and are a part of your Embedded Behavioral Health Team.

Fort Carson, Colorado



(719) 526—2727 (ASAP)

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson Army Substance Abuse Program



Commander's Risk Reduction Toolkit (CRRT)

This web based high-risk behavior identification tool is replacing the Risk Reduction "Shot Groups." Commanders and senior NCOs will need to register to access the site at <https://www.vantage.army.mil>.

Unit Risk Inventory (URI)

The Unit Risk Inventory is an 86 question anonymous survey which can be administered to units in about 30 minutes. When scored and tabulated, commanders will receive information about how Soldier perceive risky behaviors taking place in their unit.

Employee Assistance Program

Assesses, plans, and establishes a comprehensive Employee Assistance Program for eligible civilian employees, military and civilian family members and retirees. Provides screening, short term counseling and referral services for treatment or rehabilitation as appropriate. Provides follow-up services to assist employees in maintaining their health and workplace productivity. Provides workplace interventions when requested.

Training Opportunities

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

Support of Safety stand downs/ FRGs/	Flexible
PRime For Life training Include description if necessary.	4.5 hours or 8 hours
EAP Training or workplace intervention	Flexible

Suicide Prevention

The SPPM coordinates training to civilians and family members and supports units for training to Soldiers. Fort Carson supports multiple types of suicide prevention training with ACE, ACE-SI (for which unit Chaplains are the primary trainers), Applied Suicide Intervention Skills Training (ASIST) and the use of multiple training aids from the G-1 website. Fort Carson also has survivors of suicide who volunteer to speak with units. The SPPM collaborates with community entities in support of a holistic approach to the reduction of suicides. The SPPM coordinates the annual Suicide Prevention month campaign.

Drug Testing Collection Point

Operates a forensically secure installation collection point for military and civilian testing programs. - Ensures that unit urine collections are performed as required at 10% random per month rate. Advises unit commanders and the Alcohol and Drug Control Officer on program utilization and test results. Provides technical assistance to the Unit Prevention Leader training and certification program. Manages expenditures and supplies.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



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



PASS IT ON COMMUNITY NEWSLETTER

Employee Assistance Program

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

Professional Services

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

Resources

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

[Suicide Prevention and Intervention Protocols Brochure](#)

[Working Remotely](#)

For more information

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

Keep up to date with local events and deals with the



PASS IT ON

COMMUNITY NEWSLETTER



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



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

What's happening In your backyard Nov. 2022

- 1** Boot camp for new dads: 9 a.m.-noon
Infant massage and baby nurturing: 9:30-11 a.m.
Understanding your credit score: 9:30-11 a.m.
Coffee conversations: 11 a.m.-noon
EFMP 101 session: 11 a.m.-noon
Coffee conversations: 12:30-1:30 p.m.
Center on fathering: 1-3 p.m.
- 2** CARE team training: 9 a.m.-noon
Nurturing infants to 5 years: 9:30-11:45 a.m.
**After school snack: 2:45 p.m.
Nurturing 3 to 12 years: 5:30-7:45 p.m.
- 3** Toddler time: 9:30-11 a.m.
Thrift savings plan: 1-2 p.m.
LinkedIn Fundamentals: 1:30-2:30 p.m.
*Board study: 4-5:30 p.m.
***Climbing wall orientation: 6-8 p.m. (\$25)
***Crack climbing clinic: 6-8 p.m. (\$35)
- 4** Financial Milestone Marriage: 9:30-10:30 a.m.
Annual troop training for Domestic Violence Prevention: 10-11 a.m.
- Play group: 10 a.m.-noon
Mountain Post welcome: 10:30-11:30 a.m.
Financial Milestone first child: 1:30-2:30 p.m.
***VIP night: 5:30-8 p.m. (\$10)
- 5** Timeless turkey trot prediction run: 9 a.m.-noon
***Ski and snowboard expo: 10 a.m.-2 p.m.
**Bowling: 1 p.m.
*Anime club: 1 p.m.
Cosmic bowling: 6-9:30 p.m.
- 7** ACS grand re-opening: 9:30-11 a.m.
- 8** Cooperative parenting and divorce class: 9 a.m.-1 p.m.
Infant massage and baby nurturing: 9:30-11 a.m.
SFRG informal funds custodian training: 10-11:30 a.m.
Center on fathering: 1-3 p.m.
SFRG key contact training: 1-2:30 p.m.
Navigating USAJOBS: 1:30-2:30 p.m.
Heartbeat: 6:15-8 p.m.
- 9** Command Family Readiness Representative: 9:30 a.m.-4:30 p.m.
Nurturing infants to 5 years: 9:30-11:45 a.m.
- Financial strength budgeting: 10-11 a.m.
Resume essentials: 1:30-2:30 p.m.
**After school snack: 2:45 p.m.
Nurturing 3 to 12 years: 5:30-7:45 p.m.
- 10** *Volunteer at Norris Penrose Center: 9 a.m.-noon
CFRR Academy: 9:30 a.m.-4:30 p.m.
Toddler time: 9:30-11 a.m.
Financial milestones: 1-2 p.m.
SFRG resources overview: 1-2 p.m.
***Climbing wall orientation: 6-8 p.m. (\$25)
- 12** Annie Get Your Gun Cosmic Bowling: 6-9:30 p.m.
- 15** Infant massage and baby nurturing: 9:30-11 a.m.
EFMP 101: 11 a.m.-noon
Center on fathering: 1-3 p.m.
Federal resume 101: 1:30-2:30 p.m.
- 16** Nurturing infants to 5 years: 9:30-11:45 a.m.
Military spouse preference and federal employment: 1:30-2:30 p.m.
Nurturing 3 to 12 years: 5:30-7:45 p.m.
- 17** Toddler time: 9:30-11 a.m.
Annual troop training for domestic violence prevention: 10-11 a.m.
Interview skills: 1:30-2:30 p.m.
*Board study: 4-5:30 p.m.
***Climbing wall orientation: 6-8 p.m. (\$25)
***Lead climbing clinic: 6-8 p.m. (\$35)
- 18** Financial milestone: 9:30-10:30 a.m.
Play group: 10 a.m.-noon
Mountain Post welcome: 10:30-11:30 a.m.
Financial milestone: 1:30-2:30 p.m.
**Pop in for some popcorn: 2:45 p.m.
- 19** **Bingo: 1 p.m.
Cosmic Bowling: 6-9:30 p.m.
*Trip to Eagle's Nest Ranch
***Loveland ski area: 6 a.m.-6 p.m. (\$115)
- 22** Infant massage and baby nurturing: 9:30-11 a.m.
Center on fathering: 1-3 p.m.
**Warm cider: 2 p.m.
- 23** Nurturing infant to 5 years: 9:30-11:45 a.m.
- SFAC transition and medical retirement brief: 10-11 a.m.
Financial milestone: 11 a.m.-noon
Homebuyers workshop: 1-4 p.m.
Nurturing 3 to 12 years: 5:30-7:45 p.m.
- 24** Happy Thanksgiving
Toddler time: 9:30-11 a.m.
Play group: 10 a.m.-noon
Mountain Post welcome: 10:30-11:30 a.m.
*Thanksgiving event by BOSS
- 26** Cosmic bowling: 6-9:30 p.m.
- 29** **BOG: 7:15 a.m.
Infant massage and baby nurturing: 9:30-11 a.m.
Center on fathering: 1-3 p.m.
- 30** Nurturing infants to 5 years: 9:30-11:45 a.m.
Volunteer, VMIS and OPOC training: 1:30-3 p.m.
**Hot cocoa at the leasing office
*Auto skills class: 5-6 p.m.

For more information on events:

MWR/ACS events/classes visit: <https://carson.armymwr.com>.

For *BOSS events visit: <https://carson.armymwr.com/BOSS>.

For **Fort Carson Family Homes events visit: <https://www.facebook.com/FortCarsonFamilyHousing>.

For ***Mountain Post Outdoor Recreation events information call 719-526-5176



Published in the interest of the Fort Carson Community. Visit the Fort Carson website at <http://www.carson.army.mil>.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

HELLO November

Another month of success

November Events

Tenant Satisfaction Surver From Tuesday Oct 25th-Friday Dec 16th!

- 11/2-After School Snack At 2:45pm
- 11/5-Bowling For Residents That Signed Up
- 11/7- 1st Birthday Club Winner Announcement
- 11/9-After School Snack At 2:45pm
- 11/14- 2nd Birthday Club Winner Announcement
- 11/14-11/18 YOM Week
- 11/18- Pop In For Popcorn At 2:45pm
- 11/19- Bingo For Those That Signed Up
- 11/22- Warm Cider At The Leasing Office At 2:45pm
- 11/24- Happy Thanksgiving FCFH Offices Closed
- 11/29- BOG at 7:15am
- 11/30- Hot Cocoa At The Main Leasing Office At 2:45pm

For Questions Or Concerns Regarding Upcoming Events Please Contact The Events Manager Jennylee Hanlon at jhanlon@bbcgrp.com or (719)499-0707

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



CHILD, YOUTH & SCHOOL SERVICES

WINTER SPORTS

SPORTS
2023



REGISTRATION OPEN

NOVEMBER 7–DECEMBER 9

SEASON RUNS

JANUARY 9–MARCH 4

TO REGISTER, VISIT:

Parent Central Services at
5939 Ellis St. or

webtrac.mwr.army.mil/webtrac/carsonCYS.html

ALL SPORTS OFFERED SUBJECT TO ENROLLMENT NUMBERS
AND AVAILABILITY OF COMPETITION.

BASKETBALL

AGES 3–4/5–18 \$25/45

CHEERLEADING

AGES 3–4/5–18 \$25/45

WRESTLING

AGES 6–15 \$45



More Events and Info at
carson.armymwr.com



Carson CYSS
CarsonDFMWR



@CarsonMWR
#CarsonMWR



Youth Sports at the Youth Center
6181 Ware St., Bldg. 5950

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



*"A DIFFERENT WAY TO SERVE"
AT FORT CARSON*

**NOW OFFERING
FOR CYS DIRECT CARE EMPLOYEES**

50%

**DISCOUNT ON YOUR CHILDCARE
FOR UP TWO CHILDREN**

+ Priority One Care (GUARANTEED CHILDCARE, NO WAIT LIST)
Offer available to new & existing CYS Direct Care Employees.
Save over \$6,000 per year!

An average family on Fort Carson pays \$547 per child, per month, for full-day care; with two kids, that's \$1,094 per month. The CYS Discount program for Direct Care employees reduces this cost by 50% - which equates to an annual savings of \$6,564 per year!

*Savings will vary by category income classification. The CAT 6 example above is an average based on a combined household income of \$75,000 per year.

CURRENTLY HIRING

At \$16.70/hr to start

With new discount saving, earn
an average of \$20.12 /hr* with 2
kids in childcare!



**\$17.70/hr after 6 months
\$18.91/hr after 1 year**

*Averages based on a 40 hr work week

**To get start
Scan Here**



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson MWR

ROAMING SANTA

FREE
HOT COCOA
COOKIES
PHOTOS

Dec 6: Special Events Center
Dec 7: Outdoor Recreation Complex
Dec 8: Cheyenne Shadows Golf Course
1630-1830 each night



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



Special Events Center
6550 Specker Ave., Bldg 1829
Fort Carson, CO 80913

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Daniel Tiger at Grant Library!

Join special guests Fort Carson Garrison Commander COL Sean M. Brown and Daniel Tiger for **Month of the Military Family** Story Time on November 17th starting at 10:30 at Grant Library!



Space is Limited, first come, first served.



THIS THURSDAY November 17! Don't miss out on a very special **FREE** Story Time event at Grant Library for Month of the Military Child!

Please call 719-526-2350 for more information.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

CHEYENNE MOUNTAIN SHOOTING COMPLEX

ANNIE GET YOUR GUN

LADIES SHOOT
FOR
FREE

2ND SATURDAY
ALL YEAR, ALL DAY LONG!

1 (719) 896-6196



More Events and Info at
carson.armymwr.com



Find us in social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



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

Fort Carson MWR

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



NOVEMBER EVENTS

Tuesday - Thursday 0900 – 1830

Friday – Saturday 0900 – 1700

LAPSIT STORY TIME

Tuesdays | 1030

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

FOR MORE INFORMATION, PLEASE CALL:

719-526-2350/2842

BOSS ANIME CLUB

Saturday November 5 | 1400

Calling all Single Soldiers.
Hang out, watch anime, talk about your favorites, and enjoy snacks!
Please call 719-526-2350 to register.

LEGO CLUB

Wednesdays | 1530-1630

Strengthen creativity and engineering skills while having fun!
Build whatever you can imagine.
the library will provide the Lego blocks. All ages welcome.

ANIME CLUB

Saturday November 12 | 1400

Calling all otaku! Hang out, watch anime,
read & draw manga, talk about your favorites,
and have snacks. Cosplay is always welcome. Open to all ages.

PRESCHOOL STORY TIME

Thursdays | 1030

Story time for children and their parents, featuring stories and crafts,
followed by unstructured play time with the Tinker Trolley!

HOMESCHOOL HANGOUT

Tuesday November 15 | 1400

Homeschool families – connect with other families,
play games, and take part in activities!

RTAP –Resiliency Through Art Program

Saturday November 5, 12, 19 | 1030 – 1230

This program focuses on the process of personal expression through art,
come in and create! Art is a wonderful outlet for expression and can
provide great relief for anyone dealing with separation, sadness,
anxiety, stress or anger. Grant Library offers the
Resiliency Through Art program Saturdays 1030 – 1230.
No prior art experience is needed and all MWR patrons are welcome.

SPECIAL STORY TIME

Thursday November 17 | 1030

Please join us for a special Month of the Military Family
story time with our special guest reader, COL Brown,
and featuring a visit from Daniel Tiger!

SENSORY PLAYTIME

Friday November 18 | 1030

Join us for a special sensory playtime!
Squeeze, shake, squish, scoop,
and squelch during this sensory play time for ages 0 – 5.

SPICY READS BOOK CLUB

Thursday November 17 | 1730

Need some spice in your life?
Join us for Spicy Reads Book Club!
We'll talk about A Court of Thorns and Roses, snack, talk books,
and hand out copies of our next book, A Court of Mist and Fury
by Sarah Maas, book 2 of the ACOTAR series.

NO EVENTS NOVEMBER 22-26

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

SEASONAL SKI & SNOWBOARD RENTALS

OPENING DAY
NOVEMBER 3RD
7AM-7PM

ADULT PACKAGES \$230.00
INCLUDES BOOTS, POLES & HELMETS

JUNIOR PACKAGES \$190.00
12YRS & UNDER
INCLUDES BOOTS, POLES & HELMETS

SEASONAL RENTALS ARE AVAILABLE
NOV 3RD, 2022 THROUGH MAY 1ST, 2023 WHILE INVENTORY LAST INSURANCE ON
EQUIPMENT AVAILABLE
FREE BUFF WAX & EDGE SERVICES INCLUDED



CALL 719-526-1993 FOR DETAILS

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Waller Fitness Center

THE BASTE BEAST

Come, burn the calories
before the feast!

NOVEMBER 23rd
5:30-6:30 p.m.

H.I.I.T CLASS
\$3.00



Questions? Call 526-2742



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



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

Fort Carson MWR

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



This is a Clue **TRIVIA**

WEDNESDAYS 6:30PM

Starting October 12

Free. Fun. Prizes.

 **thisisacluetrvia**  **thisisacue**

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Fort Carson FITNESS CLASS DESCRIPTIONS

BARRE- A whole-body workout that delivers a fusion of ballet, Pilates, yoga, and strength training. (45 Min)

BH YOGA – Active Duty Only

BOOTCAMP-Strength and cardio full body workout utilizing weights, bands, and/or body weight to maximize results. (45 Min)

BOXING-Train like a pro in this traditional style boxing class consisting of cardio calisthenics, boxing with intervals of bodyweight exercise and core work. Gloves necessary, can be purchased on site. (90 min)

BOXING-A traditional style boxing class consisting of cardio calisthenics, interval training and bag work.

CARDIO DANCE-This high energy cardio workout is perfect for any fitness level. You will be singing along to great music while getting a great workout.(45 Min)

CORE BLAST-A strong core is the foundation of a strong body. In this class you will work your entire core from all sides. For a strong midsection to build around. (60 Min)

EXPRESS CYCLE-Get your cardio in quick with this high energy, low impact cycling workout while still having time to lift and get lunch! Buy one get on for this express class! (35 Min)

FITNESS FURY-Increase your stamina, strength and burn calories in this high intensity circuit class. This functional fitness class utilizes a variety of equipment to guarantee a full body workout. It will take you to the next level! Beginners to advance fitness levels are welcome! (60 Min)

H.I.I.T. - Workout that consists of short periods of intense exercises that increases heart rate quickly, followed by intervals of less intense exercises to allow for recovery time. (45 Min)

P3T- Active Duty only (90 Min)

POWER MOBILITY-Don't let strength gains hinder your joint mobility and athleticism. Gain flexibility and increase range of motion while sweating in this low impact twist on traditional yoga (35 Min).

PT CYCLE-Strengthen your cardiovascular and muscular endurance with this high energy, low impact cycling workout! This class is for ACTIVE DUTY ONLY at no charge. (60 Min)

SRU PT-Active Duty Only (60 Min)

STRETCH AND CORE-Fitness class that allows individuals to get a full body stretch using movements that increase flexibility, decrease muscle tension, build core strength, and help improve muscular balance. (40 Min)\

TOTAL STRENGTH-Take advantage of your lunch hour with this total body strength training workout utilizing dumbbells, resistant bands and kettlebells.

TRX-Perform an efficient and challenging body weight exercises that develop strength, balance, flexibility and core stability simultaneously using the TRX Suspension training system.(60 Min)

TRX INTRO-This class will teach you the basics of using the TRX suspension training system including upper, lower and core stability exercises. (30 Min)

ZUMBA- An energizing dance class featuring high energy music and dance moves. You will burn lots of calories and have a great time doing it! (60 Min).

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

PETERSON SPACE FORCE BASE
MILITARY & FAMILY READINESS HOSTS
SUPPORTED BY SCHRIEVER M&FRC, USAFA M&FRC AND FT CARSON ACS

ADOPTION WORKSHOP AND RESOURCE INFORMATION FAIR

WORKSHOP: 0900-1030 Learn about different types of adoption, military reimbursement, application process and more.

INFO FAIR: 1030-1200 Connect with the various adoption/foster agencies and community partners who support adoption foster care families.

FOR MORE INFORMATION AND REGISTRATION please contact PSFB
Military & Family Readiness Center at 719-556-6141 or 21fss_it@us.af.mil



NOVEMBER 18, 2022

0900-1200

PENROSE HOUSE

1661 MESA AVE, COLORADO SPRINGS, CO 80906

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



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

BUNDLES ⁴ BABIES



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

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

8 am – 12:30 pm

Airman & Family Readiness Center

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

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

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



USAFASUPPORT.COM



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



November CRAFT & PAINT CLASSES



Tumbleweeds at the Mountain Post has been offering paint & craft classes since 2012!
ALL CLASSES CAN BE OFFERED AS PARTIES TO FIT YOUR SCHEDULE!



FRIDAY, NOV 4
6-8 PM
\$15 per person for ages 18 & up



TINY DOLL MAKING

SATURDAY, NOV 5 1-3 PM
Cost: \$5 All ages welcome!



KIDS CAN CRAFT

EVERY FRIDAY THIS MONTH!
NOW ONLY \$5 per hour for any age
Loads of supplies and ideas!



BEADED BRACELETS

EVERY MONDAY & SATURDAY!
\$7 per bracelet Walk-ins welcome!
Mondays 10-2 & Saturdays 10-12



SEWING CLASS

SEWING MACHINES
AVAILABLE FOR RENTAL!

TUESDAY, NOV 15 at 10 AM
also offered in evenings by request
\$10 if supplying own materials
\$20 for a class sewing kit
Must pre-register!



FREE KIDS CLASS

FRIDAY, NOV 18
10 AM – 2 PM
Must pre-register!



ANYONE CAN PAINT

SATURDAY, NOV 19 at 1-3 PM
\$15 per person for tweens on up!

Please call, stop by
or send us a
Facebook message
to register for any of
our classes.

TUMBLEWEEDS
AT THE MOUNTAIN POST

FREE KIDS CLASS



TUESDAY, NOV 22
10-2 PM
Must pre-register!

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.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Christmas Unlimited is dedicated to enhancing the quality of life for Pikes Peak region families in need through its year round programs.

APPLICATION PROCESS

Applications are distributed to local human service agencies in the Pikes Peak region, to include, **Fort Carson Army Community Service.**

Parents can sign up by stopping by **Fort Carson ACS** to complete their application.

The 2022 application deadline is December 9th.

2022 toy distribution dates are December 5 – 23, 2022

To complete an application with ACS, stop by:

Army Community Service
6303 Wetzel Ave., BLDG. 1526,
Fort Carson, CO.



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Solid Rock

COMMUNITY DEVELOPMENT CORPORATION

LET'S CELEBRATE AND GIVE THANKS!

TURKEY AND FARMERS MARKET GIVEAWAY



November 19th 12pm-2pm
3175 S Academy Colorado Springs
Colorado 80916



El Paso County
COLORADO

**COLORADO
SPRINGS
HEALTH
FOUNDATION**

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



MIDDLE SCHOOL NIGHT

at the Fountain Valley YMCA

District 8 Middle School Students
in the Fountain Area please join
us at the Fountain Valley YMCA!

FRIDAY, NOVEMBER 18
8:00 – 10:00 p.m.

FREE

Registration required



- Open Gym •
- Hanging out with friends •
- Fun & Safe place to hang out •
- Food & Movie •
- Late night at the Y •

Please contact Luke Calhoun at lcalthoun@ppymca.org for more information

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Colorado

PIE- PALOOZA



Fort Carson Center
Fri 11/18 ALL DAY!
Come see us for PIE!

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Turkey

GIVEAWAY

THURSDAY, NOVEMBER 17

4PM

**WELTE EDUCATION
CENTER**

**330 LYCKMAN DRIVE
FOUNTAIN**

*CURBSIDE PICKUP

**FFC8 FAMILIES ONLY.
STUDENT ID REQUIRED.**

ONE TURKEY PER FAMILY.

**FOOD ITEMS AND TURKEYS
ARE LIMITED. FIRST COME,
FIRST SERVE BASIS.**



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



EXCHANGE

Colorado Springs Exchange / Fort Carson Exchange

24-27 November 2022 | Thanksgiving Weekend Holiday Hours

Exchange Mini Mall Bldg. 1510	Thu 24 Nov	Fri 25 Nov	Sat 26 Nov	Sun 27 Nov
Furniture Store	CLOSED	0900-1600	1000-1800	CLOSED
Military Clothing Sales (MCS)	CLOSED	0900-1600	1000-1700	CLOSED
Alterations	CLOSED	CLOSED	1000-1600	CLOSED
The Dry Cleaners	CLOSED	CLOSED	1000-1600	CLOSED
Tops and Blues	CLOSED	CLOSED	CLOSED	CLOSED
Class Six	CLOSED	0900-2100	0900-2100	1000-1700
Barber Shop	CLOSED	1000-1600	1000-1600	1000-1600
UPS Store	CLOSED	0900-1600	1000-1530	CLOSED
Durable Medical Equipment (DME)	CLOSED	CLOSED	CLOSED	CLOSED
DOCS Dental	CLOSED	CLOSED	CLOSED	CLOSED
Penske Truck Rental	CLOSED	CLOSED	CLOSED	CLOSED
Natural Eyebrow Threading	CLOSED	CLOSED	CLOSED	CLOSED
Tumbleweeds Gift Shop	CLOSED	CLOSED	1000-1500	CLOSED
Domino's Pizza	CLOSED	1000-0100	1000-0100	1000-2400
Brisket Bros	CLOSED	1100-1500	CLOSED	CLOSED
Expresses	Thu 24 Nov	Fri 25 Nov	Sat 26 Nov	Sun 27 Nov
Gate 3 Express Bldg. 510	0800-1500	0700-2200	0800-2200	0800-2000
Gate 3 Burger King	CLOSED	0900-1500	0900-1500	CLOSED
B-Street Express Bldg. 900	CLOSED	0800-2000	0800-2100	0800-2100
B Street Subway	CLOSED	CLOSED	CLOSED	CLOSED
Gate 20 Express Bldg. 3600	CLOSED	0900-2000	0900-2000	0900-2000
Gate 20 Jimmy Johns	CLOSED	1000-1500	1000-1500	1000-1500
Wilderness Rd Express Bldg. 9478	CLOSED	0800-1500	0800-1500	CLOSED
Wilderness Subway	CLOSED	CLOSED	CLOSED	CLOSED
Wilderness Hunts Brothers Pizza	CLOSED	0800-1500	0800-1500	CLOSED
Wilderness Barber Shop	CLOSED	CLOSED	CLOSED	CLOSED
Wilderness U.S Patriot	CLOSED	CLOSED	CLOSED	CLOSED
Ivy Express Bldg. 2355	CLOSED	CLOSED	CLOSED	CLOSED
Ivy Barber Shop	CLOSED	CLOSED	CLOSED	CLOSED
TDS	CLOSED	0800-1700	CLOSED	CLOSED
Firestone Auto Care Bldg. 1515	CLOSED	0600-2000	0700-1800	0800-1700
Jimmy Johns Bldg. 1515	CLOSED	1000-2100	1000-2100	1000-2100

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



EXCHANGE

Colorado Springs Exchange / Fort Carson Exchange

24-27 November 2022 | Thanksgiving Weekend Holiday Hours

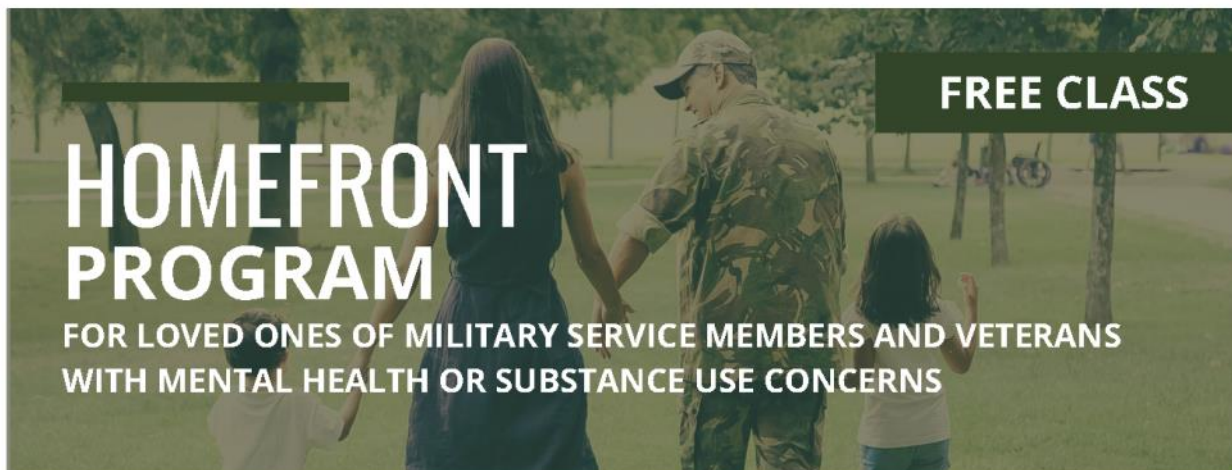
Fort Carson Facilities	Thu 24 Nov	Fri 25 Nov	Sat 26 Nov	Sun 27 Nov
Main Exchange Complex Bldg. 6110				
Main Store	CLOSED	0800-2000	0900-2000	0900-1900
Mobile Center	CLOSED	1000-1800	1000-1800	1000-1800
Main Food Court				
Charley's Steakery	CLOSED	1000-1800	1000-1800	1000-1800
Bun-D	CLOSED	CLOSED	CLOSED	CLOSED
Starbucks	CLOSED	0600-1800	0830-1800	0900-1800
Subway	CLOSED	0900-1800	0900-1800	1000-1800
Burger King	CLOSED	1100-1800	1100-1800	1100-1800
Exchange Mall Services				
GNC	CLOSED	0900-1900	0900-1900	1000-1700
Asurion	CLOSED	1000-1700	1000-1700	CLOSED
Barber Shop	CLOSED	1000-1700	1000-1700	1000-1700
Stylique Salon	CLOSED	0900-1700	0900-1700	CLOSED
Petals and Bloom	CLOSED	CLOSED	CLOSED	CLOSED
GameStop	CLOSED	0900-1900	0900-1900	1000-1800
Optometry	CLOSED	CLOSED	CLOSED	CLOSED
Optical Center	CLOSED	0900-1800	0900-1800	CLOSED
US Patriot	CLOSED	0900-1800	0900-1800	1000-1600
Military Memorabilia	CLOSED	0900-1800	0900-1800	CLOSED
Quality Auto Performance	CLOSED	1000-1600	1000-1400	CLOSED
Out of the Norm	CLOSED	CLOSED	1000-1600	CLOSED
Triple Food Facility Bldg. 1534				
Triple Burger King	CLOSED	0800-1900	0800-2000	0800-2000
Qdoba	CLOSED	1030-1900	1030-2000	1030-2000
Arby's	CLOSED	1030-1900	1030-2000	1030-2000

Coffee	Thu 24 Nov	Fri 25 Nov	Sat 26 Nov	Sun 27 Nov
Evans Starbucks Bldg. 7503	CLOSED	CLOSED	CLOSED	CLOSED
Dunkin Drive Thru Bldg. 980	CLOSED	CLOSED	CLOSED	CLOSED
Green Beans Bldg. 1827	CLOSED	CLOSED	CLOSED	CLOSED
Perfect Java	CLOSED	CLOSED	CLOSED	CLOSED
Restaurants				
KFC Bldg. 1533	CLOSED	1100-1900	1100-1900	1100-1900
Pizza Hut Bldg. 5940	1000-0000	1000-0100	1000-0100	1000-0000
Dunkin Donuts Bldg. 5940	CLOSED	0600-1200	0800-1300	0800-1300
Baskin Robbins Bldg. 5940	CLOSED	0600-1200	0800-1300	0800-1300

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



FOR LOVED ONES OF MILITARY SERVICE MEMBERS AND VETERANS
WITH MENTAL HEALTH OR SUBSTANCE USE CONCERNS

Wednesdays starting February 1st, 6-8:30 p.m.
Southeast Colorado Springs*

*Exact location provided upon registration

NAMI Homefront is a free, 6-session educational program taught by trained family members of service members/veterans with mental health conditions.

- 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 • 719-473-8477 • 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.

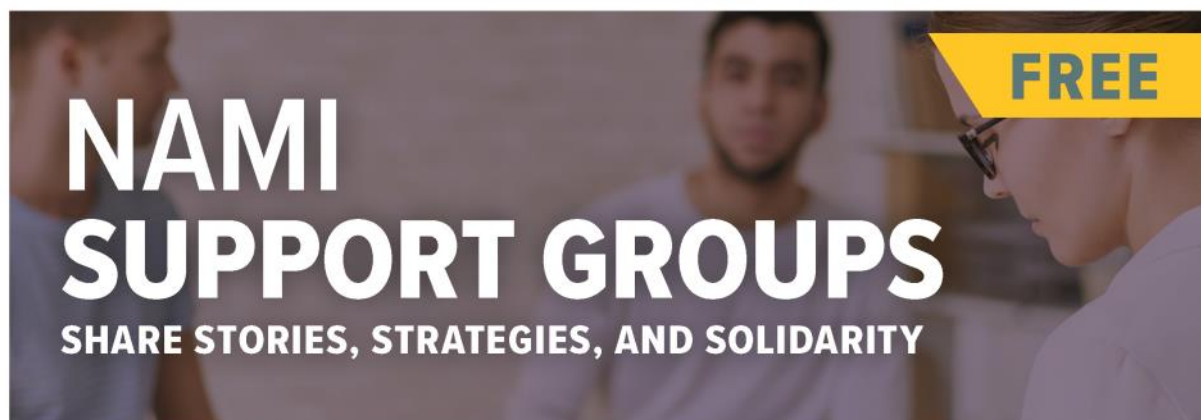


Scan the QR code to learn more

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



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 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.



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 | namicoloradosprings.org



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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Responding to Relationships

FREE

Military & Responder MARRIAGE SERIES & RETREAT

Dec. 9, 2022 & Jan. 13-15, 2023

respondingtorelationships.org

REGISTRATION OPENS OCT. 31ST

Your Relationship Deserves This.



Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: #90ZB0029. These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.

Fort Carson and the Surrounding Community

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



EAGLE'S NEST
RANCH



Healing Horses for the Armed Forces



Active duty and veteran service members as well as their family members are invited to come to the ranch and spend time with a horse free of charge.

Experience a safe place to adjust, reconnect, and be reminded that there is always hope ... no matter what you have faced.

Contact us to schedule a session.

Suzy MacKenzie
Founder and Executive Director
www.eaglesnestranch.org
eaglesnestranch501@gmail.com

303.596.2784 • P.O. Box 1677, Parker, CO 80134



Fort Carson and the Surrounding Community

MILITARY ARTS CONNECTION

CONNECT ★ LEARN ★ CREATE
www.MilitaryArtsConnection.org

Are you interested in trying out a new **creative** skill?
Looking for a **fun experience** for yourself? Your family?

MILITARY ARTS CONNECTION IS HERE!

MAC links you (service members, veterans, and their families) with community arts engagement experiences at NO CHARGE to you. Simply work with one of our participating service organizations to request a referral. MAC offers experiences from across the creative spectrum: music, pottery, painting, poetry...and the list is growing every day!

Explore Experiences and learn more at:

www.MilitaryArtsConnection.org

Are you interested in trying out a new **creative** skill?
Looking for a **fun experience** for yourself? Your family?

MILITARY ARTS CONNECTION IS HERE!

MAC links you (service members, veterans, and their families) with community arts engagement experiences at NO CHARGE to you. Simply work with one of our participating service organizations to request a referral. MAC offers experiences from across the creative spectrum: singing, pottery, painting, poetry...and the list is growing every day!

Explore Experiences and learn more at:

www.MilitaryArtsConnection.org

Keep up to date with local events and deals with the



PASS IT ON

COMMUNITY NEWSLETTER

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

 Waterford | **UPSTART**

Amazing At-Home Learning Opportunity!

Waterford Upstart is an online PreK learning program that teaches preschool-aged children basic skills they need in reading, math, and science.

Be confident that your child is **ready for kindergarten** with Waterford Upstart!



97%

of parents would recommend **Waterford Upstart!**

What Do You Get?



Award-winning software your child uses at home less than **30 minutes each day**



Independent online activities and **resources** for off-line practice



Family-focused guidance and tools to help you support your child's learning

Why Should You Sign Up?



Waterford Upstart works!

On average, graduates enter kindergarten reading at almost a first-grade level



Your child will learn!

The program builds academic skills and routines so your child is ready to be confident and successful at school



It costs you nothing!

Thanks to generous support from our partners, we provide everything you need to complete the program
*Computer and Internet provided to qualifying families



Get started today!

Visit waterford.org/upstart
Or scan this QR code

888-982-9898

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

 **Waterford | UPSTART**

¡Una increíble oportunidad de aprendizaje hecho en casa!

Waterford Upstart es un programa en línea de aprendizaje de Pre K que les enseña a los niños en edad preescolar las habilidades básicas que necesitan en lectura, matemáticas y ciencias.

¡Esté confiado en que su hijo estará preparado para el Kinder con Waterford Upstart!



¡El **97%**

de los padres recomendarían Waterford Upstart!

¿Qué obtiene usted?



Un **software galardonado** que su hijo usa en casa menos de **30 minutos al día**



Actividades **independientes** en línea y **recursos** para prácticas fuera de línea



Guía y herramientas para ayudar a apoyar el aprendizaje de su hijo

¿Por qué debe inscribirse?



¡Waterford Upstart funciona!

En promedio, los graduados entran al Kinder leyendo a casi al nivel de primer año



¡Su hijo aprenderá!

El programa desarrolla las habilidades y rutinas académicas para que su hijo esté listo para sentir confianza en sí mismo y ser exitoso en la escuela



¡A usted no le cuesta nada!

Gracias al apoyo generoso de nuestros socios, nosotros le proveemos todo lo que necesita para completar el programa

*Computadora e Internet se les proporciona a las familias elegibles



Empiece hoy mismo:

Visite waterford.org/upstart

Escanee el código QR

888-982-9898

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

VETERAN
Art
EXHIBITION

2022

OPEN CALL FOR ARTISTS

2nd Annual
VETERAN ART EXHIBITION

ACCEPTING ARTWORK

*PAINTING, SCULPTURE, POTTERY, PHOTOGRAPHY,
DRAWING, MIXED-MEDIA ETC.*

FROM VETERANS, SERVICE MEMBERS
AND THEIR FAMILIES

~~REGISTER BY OCTOBER 21, 2022~~

Veteranartist.givesmart.com

SUBMISSION DROP OFF

~~NOVEMBER 8 & 9, 2022~~

OPENING RECEPTION

~~NOVEMBER 11, 2022 | 5PM-8PM~~

WAREHOUSE RESTAURANT & GALLERY
25 W. CIMARRON STREET, COLORADO SPRINGS, CO 80903

ART DISPLAY ENDS

NOVEMBER 30, 2022

ARTS IN SOCIETY AWARD & \$100 PEOPLE'S CHOICE AWARD

Artist can choose to donate their art, split auction proceeds or exhibit only.
This is a fundraiser benefiting military, veterans and their families.



Presented by
MT. CARMEL VETERANS SERVICE CENTER
ARTS IN SOCIETY
ERC, INC

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

To the Battlefield and Back Again

Dialogues on the Experience of War

~~Oct 6, Nov 3~~, Dec 1, Feb 2, March 2
6-8pm

Sign Up Now....



Join the conversation and
discuss the issues facing our
military community

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Free Dinner & Child Care!



Circle of Fathers

Sharing ideas. Sharing support.

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

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

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



Colorado Chapter
CIRCLE of PARENTS®
CIRCLE of FATHERS

WHEN: 2nd & 4th Thursday of Every Month
Dinner at 5pm; Meeting at 5:30pm

WHERE: Helen Hunt School
909 E Moreno Ave, Colorado Springs, CO 80903

OR Online via Zoom!

Zoom link: <https://us02web.zoom.us/j/93350305448>



Catholic
Charities
of Central Colorado

LEARN MORE:

Contact Adam at adamnscombs@gmail.com
or Adrian Nuñez at anunez6293@my.pmi.edu

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

Join Us!
Visit CircleOfParentsCO.org



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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Free Dinner & Child Care!

FATHERS OF FREEDOM

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

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

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

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



WHEN: 1st & 3rd Tuesday of Every Month
Dinner at 5pm; Meeting at 5:30pm

WHERE: Helen Hunt School
909 E Moreno Ave, Colorado Springs, CO 80903

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



LEARN MORE:
Contact Adam at adamnscombs@gmail.com
or Adrian Nuñez at anunez6293@my.pmi.edu

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

Join Us!
Visit CircleOfParentsCO.org



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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



CHILDREN'S GRIEF GROUP

Tuesdays 5:30PM-6:30PM

Ages 6-13

Pizza Provided

Register by Calling PPSP or going online to
our website

Contact Us:

719-573-7447

704 N Tejon St Colorado Springs CO 80903

info@pikespeaksuicideprevention.org

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



Veteran's Legal Assistance Clinic

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

PFC Floyd K. Lindstrom VA Outpatient Clinic

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

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

2021/2022 Dates

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

For more information visit cobar.org/clcv.

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

CBA

**Military and
Veterans' Affairs
Section**

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

FREE TUITION PRESCHOOL

FOR
AGES 0-5



VARIETY
OF CLASS
TIMES



SAFE
QUALITY
PROGRAMS



65
LOCATIONS



Colorado Preschool Program | Head Start | Early Head Start

SUCCESS STARTS EARLY
CALL TODAY
ENROLLING YEAR-ROUND

719-635-1536 | cpcdheadstart.org



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

[Click HERE!](#)



DID YOU KNOW?

**WE ARE ON
INSTAGRAM**

Follow us @cpcdhs