



EDUCATION • OPPORTUNITY • DISCOVERY

ARMY COMMUNITY SERVICE

ALL PROGRAMS OFFERED AT

NO COST!



ACS CENTER

Soldier & Family Assistance Center

6303 Wetzel Ave.
Building 1526

(719) 526-4590

Mon, Tu, Thu, Fri: 8 a.m.-4:30 p.m.
Wed: 9 a.m.-4:30 p.m.
Federal Holidays: Closed



ACS ANNEX

Family Nurturing Center

1481 Titus Blvd.
Building 7492

(719) 526-0461

Mon, Tu, Thu, Fri: 8 a.m.-4:30 p.m.
Wed: 9 a.m.-4:30 p.m.
Federal Holidays: Closed



SURVIVOR OUTREACH SERVICES

6990 Mekong St.
Building 6215

(719) 526-2069

Mon: Tue: 8 a.m.-5 p.m.
Wed: 9 a.m.-5 p.m.
Thur: 8 a.m.-1 p.m.
Fri: 8 a.m.-4 p.m.
Federal Holidays: Closed

- Army Volunteer Corps (AVC)
- Army Emergency Relief (AER)
- Community Information & Referral (I&R)
- Employment Readiness Program
- Family Enrichment Program
- Financial Readiness Program
- Mobilization & Deployment Readiness Program
- Relocation Readiness Program
- Soldier & Family Readiness Program (SFRP)
- Computer Lab
- Donations Management
- Fort Carson and surrounding community information
- Multicultural Support

SOLDIER & FAMILY ASSISTANCE CENTER

Services for Soldiers and their Families assigned to the SRU or IDES, including:

- Benefits Counseling
- Education / Employment Assistance
- Financial Counseling
- Information & Referral
- Military Personnel Services (HR)
- Partner Agencies located inside:
 - Colorado Department of Labor & Employment (CDLE)
 - Education and Employment Initiative (E2I)
 - Operation Warfighter
 - Transition Assistance Program (TAP)
 - Veteran Administration Health Liaisons
 - Wounded Warrior Project

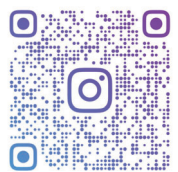
- Exceptional Family Member Program (EFMP)
- Family Advocacy Program
- New Parent Support Program
- Victim Advocacy Program

FAMILY NURTURING CENTER *(open during class times only)*

- Parenting classes and meet-ups, including:
- Baby Nurturing
 - Infant Massage
 - Nurturing Classes
 - Play Group
 - Rockin' Grannies
 - Toddler Time



carson.armymwr.com/acs



@FORT_CARSON_ACS



Fort Carson
Army
Community
Service

Services for Families of the Fallen, including:

- Benefits Counseling
- Bereavement Referral and Support
- Education / Employment Assistance
- Financial Counseling
- Information & Referral
- Post Access Support
- Peer-to-Peer Support
- Community Groups meeting at FHFC:
 - Gold Star Moms
 - Gold Star Wives
 - Suicide Bereavement
 - Kid and Teen Support Groups



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

MILITARY FAMILY LIFE COUNSELORS (MFLC)

Authorized - 12 embedded positions

EMBEDDED ASSIGNMENT	MFLC	PHONE
10th Special Forces Group	Kay Wilson	+1(719) 250-5509
10th Special Forces Group	Gloria Wagers	+1(719) 424-0106
10th Special Forces Group	Brian Hitchcock	+1(719) 466-9609
10th Special Forces Group	Phillip Ludwig	+1(719) 639-8951
1st Space Brigade	Debra Russ	+1(719) 355-9181
1st Stryker Brigade Combat Team, 4th Infantry Division	Connie Pettitt	+1(719) 424-8819
2nd Stryker Brigade Combat Team, 4th Infantry Division	David Freeman	+1(719) 415-0661
3rd Stryker Brigade Combat Team, 4th Infantry Division	Lois Sandland	+1(719) 313-6887
4th Combat Aviation Brigade, 4th Infantry Division	Laurel Maik	+1(719) 400-8067
4th Engineer Battalion	Ray Taylor	+1(719) 355-9536
4th Security Forces Brigade	Steve Kitchens	+1(571) 835-6370
4th Sustainment Brigade	Beth Taylor	+1(719) 250-3793

Authorized - 8 rotational positions

ROTATIONAL ASSIGNMENT	MFLC	PHONE
4th DIVARTY HHBN Behavioral Health- TCI	Teresa Meza	+1(719) 323-4139
627th HC USAR USAREC BOSS WCAP	Sarra Thompson	+1(719) 235-6570
71st EOD 918th MICC 13th ASOS	Tanya Hand	+1(719) 250-3854
Behavioral Health- TCI MOBDEP	Stacie Marlow -Badgett	+1(719) 323-0944
MEDDAC APHN SRU	LaToya Gaines-Plunkett	+1(719) 235-2852
ASAP Suicide Prevention USO	vacant	+1(719) 235-6570
Replacement SRP	Jim Rogers	+1(719) 250-1529
759th MP SOS CAC ACS Nurturing Program	Janet Kerr	+1(719) 306-4118

Military & Family Life Counselors (MFLC) provide non-medical short term, situational problem-solving counseling to Service Members and their Families. Services can be provided on or off the installation and can be for individuals, couples, Families and groups. Crisis Services are not provided. They provide counseling in the following areas:

Life Skills | Military Lifestyle | Anger Management | Deployment Stress | Communication | Coping Skills | Relationship Issues | Relocation Adjustment | Productivity at Work | Sadness, Grief and Loss | Conflict Resolution | Homesickness | Parenting | Separation | Decision-Making Skills | Building Resiliency | Reintegration: Warrior to Citizen

Don't see or know your unit, or wish to speak to a MFLC outside your unit? Call or visit ACS at +1(719) 526-4590 to get connected to an MFLC. Away from Fort Carson? Telephonic/online MFLC's can also be utilized through Military OneSource at +1(800) 342-9647 (<https://www.militaryonesource.mil/>)

School & Youth Military Family Life Counselors provide broad-ranging support to military children and youth, and to the Family members and other adults who support them. They are available at no cost to assist children and youth, parents, Family members and staff. Issues addressed by School & Youth MFLCs can be done in group sessions, educational presentations and individual meetings.

To contact a Child Development Center MFLC call +1(719)464-5162; +1(719)246-2971; or +1(719)225-0364

School & Youth MFLC are available at the following schools. To reach a school MFLC, check with your school administrator or call the MFLC Team Lead at +1(571)662-7882

ACS Division Chief	Kristen Kea	526-0441	kristen.m.kea.civ@army.mil
Soldier & Family Readiness Program Manager	Angela McGrady	524-1899	angela.d.mcgrady.civ@army.mil
Social Service Program Specialist	Connie Roy	526-0471	connie.s.roy.civ@army.mil

The ACS **Unit Service Coordinator** (USC) Program is designed to provide a link between the military unit and Army Community Service by utilizing ACS staff to assist commanders and rear-detachment commanders with meeting the needs of their Soldiers and Families. The USC serves as a liaison for the unit to coordinate ACS services and ensure command teams receive the support needed.

All phone numbers begin with the (719) area code. ACS Main Phone Number 719-526-4590

























4ID	HCBN; USAG	Kristen Kea - ACS Division Chief	526-0441	kristen.m.kea.civ@army.mil
1SBCT	HHC	Lindsey Meek	526-0453	lindsey.a.meek.civ@army.mil
	4-9 IN; 2-23 IN; 1-38 IN	Summer Poole	524-2382	summer.r.poole.civ@army.mil
	2-1 CAV; 2-12 FA; 4 BSB	Emory Abeyta	524-0065	emory.p.abeyta.civ@army.mil
	299 BEB	Melissa Negron Favero	799-0698	melissa.l.negronfavero.civ@army.mil
2SBCT	HHC; 2-77 FA	Jean McClintock - I&R / RELO Manager	526-0466	jean.m.mcclintock.civ@army.mil
	2-12 IN	Alyshia Lana	526-0423	alyshia.n.lana.civ@army.mil
	3-61 CAV	Shawn Cannon	526-0457	shawn.m.cannon.civ@army.mil
	52 BEB; 1-12IN	Vanessa Fry	524-2324	vanessa.m.fry.civ@army.mil
	1-41 IN; 704 BSB	(vacant) Jean McClintock - I&R / RELO Manager	526-0466	jean.m.mcclintock.civ@army.mil
3ABCT	HHC	Justin Cole - Supervisory FAP Specialist	526-0445	justin.d.cole.civ@army.mil
	1-8 IN	Tatyana Nunez	526-6588	tatyana.m.nunez.civ@army.mil
	1-68 AR	Susan Moyer	526-0446	susan.c.moyer4.civ@army.mil
	1-66 AR	Holly Burrows	526-0176	holly.j.burrows.civ@army.mil
	4-10 CAV, 3-29 FA	Stephen Grijalva	524-4510	stephen.c.grijalva.civ@army.mil
	64 BSB; 588 BEB	Crystal Neirman	466-1208	crystal.a.nierman.civ@army.mil
4CAB	HHC; 6-17 CAV	Steve Arce	524-0912	steven.s.arce2.civ@army.mil
	2-4 GSAB	Julia Sivetts	526-5788	julia.n.sivetts.civ@army.mil
	404 AVN	Karin Foley	524-4009	karin.e.foley.civ@army.mil
	3-4 AVN; 4-4 AVN	Kimberly Bell	524-4425	kimberly.a.bell66.civ@army.mil
4 DSB	4DSTB, HHC	Mary Braxton - FRP Manager	526-0449	mary.e.braxton.civ@army.mil
	22 HR, 115 QM, 152 MCT	Cedric Woodyard	526-0448	cedric.l.woodyard.civ@army.mil
	230 FM, 534 SIG, 573 MCT	(vacant) - Mary Braxton - FRP Manager	526-0449	mary.e.braxton.civ@army.mil
	68 DSSB, 32 Trans, 59 QM	Stephanie Sorrell	526-1956	stephanie.m.sorrell.civ@army.mil
	60 ORD, 183 Maint, 247 CSP	Scott Keller	524-5378	scott.w.keller8.civ@army.mil
4 EN		Jeff Major	526-4605	jeffrey.t.major.civ@army.mil
4 SFAB	HHC; 6 BN	(vacant) - Scott Brown	725-8844	scott.p.brown.civ@army.mil
	1 BN; 2 BN; 3 BN	Tonya Dower	524-3816	tonya.r.dower.civ@army.mil
	4 BN; 5 BN	Scott Brown	725-8844	scott.p.brown.civ@army.mil
4 DIVARTY		James Kilpatrick	526-0905	james.a.kilpatrick4.civ@army.mil
10 SFG	HHC; 2-10; GSB	Cynthia Brisby	526-1082	cynthia.a.brisby.civ@army.mil
	3-10; 4-10	Anthony Foster	526-8303	anthony.d.foster6.civ@army.mil
71 EOD		Jeff Major	526-4605	jeffrey.t.major.civ@army.mil
627 HC		Alyshia Lana	526-0423	alyshia.n.lana.civ@army.mil
759 MP		Steve Arce	524-0912	steven.s.arce2.civ@army.mil
1st SPACE		Melissa Negron Favero	799-0698	melissa.l.negronfavero.civ@army.mil
WCAP		Shawn Cannon	526-0457	shawn.m.cannon.civ@army.mil
13 ASOS		Alyshia Lana	526-0423	alyshia.n.lana.civ@army.mil
SRU		Christian Nunez	526-5807	christian.p.nunez.civ@army.mil
NG/RES		Christian Nunez	526-5807	christian.p.nunez.civ@army.mil
DENTAC		Angela Gunn	526-0442	angela.r.gunn4.civ@army.mil
MEDDAC		Monica Boyd	524-7301	monica.d.boyd4.civ@army.mil
PHC-VET		Monica Boyd	524-7301	monica.d.boyd4.civ@army.mil
918th MIC		Monica Boyd	524-7301	monica.d.boyd4.civ@army.mil

If you have any issues or questions please email: usarmy.carson.imcom-fmwrc.list.dfmwr-w-acs-mob-deploy-readiness@army.mil.

NEED HELP?

Talk to an Army Community Service specialist to get helpful tips, tools, and resources to thrive at Fort Carson Colorado! Give us a call at: **719-526-4590**



 MEDICAL	 FINANCES	 HOUSING	 CHILDREN & FAMILY	 MENTAL HEALTH & SUBSTANCE ABUSE	 TRANSITION	 STAY ACTIVE	 LEARN, GROW & THRIVE
IN CASE OF EMERGENCY CALL 911	Army Emergency Relief 719-526-4783 BLDG 1526 ACS	Fort Carson Family Homes (Balfour Beatty) 719-579-1606 BLDG 6800	Parent Central Services 719-526-1101 BLDG 5939 MWR	Military Family Life Counselor (MFLC) 719-526-4590 BLDG 1526 ACS	DEERS / ID Cards 719-524-3704 BLDG 1218	Army Wellness Center 719-526-3887 BLDG 1843 M-F 7am-4pm	Education Center 719-526-2124 BLDG 1117
Evans Army Community Hospital (EACH) Operator 719-526-7000 BLDG 7500	Military Pay Office 719-526-9233 BLDG 1220	Fort Carson Housing Service Office (HSO) 719-526-2323 BLDG 1225	School Liaison Office 719-526-6470 BLDG 5939 MWR	Family Life Chaplain 719-526-0036 BLDG 1659	Transition Assistance Program (TAP) 719-526-1001 BLDG 1218 M-F 9am-3pm	Outdoor Recreation 719-526-1993 BLDG 2429 MWR	Grant Library 719-526-2350 BLDG 1528 MWR
EACH Appointment line 719-526-2273 BLDG 7500	Financial Readiness 719-526-4783 BLDG 1526 ACS	Candlewood Suites Hotel 719-374-9158 BLDG 7306	Youth Sports 719-526-4425 BLDG 5939 MWR	Religious Support Office 719-526-5279 BLDG 1118	Soldier & Family Assistance Center (SFAC) 719-526-0457 BLDG 1526 ACS	Fitness Centers Ivy  BLDG 1925 719-526-2706 Garcia  BLDG 1856 719-526-3944 Mckibben  BLDG 1160 719-526-2597 Waller  BLDG 2357 719-526-2742 Ellis  BLDG 1231 719-526-4456 Ivy  BLDG 1925 719-526-4093 Nelson  BLDG 1446 719-526-3107	Army Volunteer Corp 719-526-1082 BLDG 1526 ACS
EACH Patient Advocate 719-526-7225 BLDG 7500	Defense Finance & Accounting Service (DFAS) 1-888-332-7411 www.dfas.mil	Home Buyers Workshop 719-526-0457 Virtual (ZOOM) ACS	New Parent Support Program (NPSP) 719-526-0461 BLDG 7492 ACS	Chaplain Hotline 719-387-1574 Ft Carson 24/7	Joint Personal Property Shipping Office (JPPSO) 719-526-3755 BLDG 1525 www.move.mil	Employment Readiness 719-526-0452 BLDG 1526 ACS	Employment Readiness 719-526-0452 BLDG 1526 ACS
EACH Prescription Refills 719-524-4081 BLDG 7500 M-F 8am-5pm	Legal Assistance Office (JAG) 719-526-6240 BLDG 6222	Peterson Space Force Homes 888-718-7234 650 McChord St. Colorado Springs, CO 80916	Exceptional Family Member Program (EFMP) 719-526-0400 BLDG 7492 ACS	Behavioral Health 719-526-7155 BLDG 1830 M-F 730-430	Military In / Out Processing 719-526-0930 BLDG 1525 M-F 730-3pm	Intramural Sports  719-526-7585 BLDG 1829 MWR	Army Family Team Building (AFTB) 719-526-0458 BLDG 1526 ACS
EACH Exceptional Family Member Program (EFMP) 719-526-7805 BLDG 7503 M-Th 7am-4pm	WIC 719-526-0466 / 719-578-3199 Mon 1230-330pm ACS	Pikes Peak Lodge (Peterson Hotel) 719-556-7851 125 E. Stewart Ave Peterson SFB, CO 80914	Reporting Child Abuse If there is an immediate threat to the child, CALL 911	Army Substance Abuse Program (ASAP) 719-526-2727 BLDG 1218	SATO Commercial Travel 719-526-0930 BLDG 1525 M-F 8am-430pm	Cheyenne Shadows Golf Club 719-526-4102 BLDG 7800 MWR	Auto Skills Center 719-526-2147 BLDG 2427 MWR
MHS Nurse Advice Line 1-800-874-2273, option 1 mhsnurseadvice.com	El Paso County Child Support 719-457-6330 Tue 1pm-4pm ACS	Schriever Space Force Homes 888-875-8009 300 Hartinger Circle Schriever SFB, CO 80930	Behavior Health Family Advocacy 719-526-5050 & Department of Human Services (DHS) 844-264-5437	Military One Source Confidential non-medical counseling 1-800-342-9647 Chat: 838255 MOS	USO Pathfinder 719-526-8213 BLDG 1217 M-F 8am-4pm	Bowling - Thunder Alley  719-526-5542 BLDG 1511 MWR	Cheyenne Mountain Shooting Complex 719-896-6196 Outside Gate 20 MWR
TRICARE West Information 1-844-866-9378 www.tricare-west.com	Emergency Community Resources, Dial: 211	Air Force Academy (USAFA) Homes 833-499-5579 4609 W Bighorn Dr USAF Academy, CO 80840	TESSA Crisis Line (victims of partner and sexual violence) 719-633-3819 El Paso County, CO	Psychological Health Resource Center 1-866-966-1020 HEALTH.MIL/PHRC	VA/DOD Liason 719-526-7310 BLDG 1526 ACS	Warrior Adventure Quest  719-526-5176 BLDG 2429 MWR	Leisure Travel Services (ITR)  719-526-5366 BLDG 1532 MWR
SHARP - SEXUAL ASSAULT 719-338-9654 DOD Safe Helpline: 877-995-5247	American Red Cross 1-877-272-7337 BLDG 1217	Peregrine Pines FamCamp (USAFA Camp/RV) 719-333-4980 USAFA 9022 Peregrine Dr, Colorado 80840	Domestic Violence Hotline (24/7) 719-243-7907 BLDG 7492 ACS	National Suicide & Crisis Lifeline, dial: 988	Relocation Readiness 719-526-1070 BLDG 1526 ACS	Better Opportunities for Single Soldiers (BOSS)  719-526-5347 BLDG 1532 MWR	Pikes Peak Library District (PPLD)  719-531-6333 (Fountain) 17 Locations! - ppld.org
 Police (NON-EMERGENCY) 719-526-2333	 FIRE (NON-EMERGENCY) 719-526-5615	 C.I.D. (Criminal Investigation Division) 844-ARMY-CID	FORT CARSON https://home.army.mil/carson C.G.'s Hotline 719-526-2677	Military One Source https://www.militaryonesource.mil/ Army's Financial Readiness https://www.financialfrontline.org/	ACS https://carson.armymwr.com/ACS MWR https://carson.armymwr.com/		

Last Updated: 20230829SPB

FOCUS AREA	BRIEFING/TRAINING NAME (Hover over class name to reveal the Class Description)	CLASS DESCRIPTION	TARGET AUDIENCE	DEPLOYMENT CYCLE	TIME REQUIRED	OTHER INFORMATION	ACS PROGRAM
Army 101	AFTB K.01 Military Life	K.1 - The learner will understand the mission, commitment required, and challenges of military life in order to define realistic expectations to positively impact their military experience.	Family Members	All Cycles	75 MIN	Minimum of 10	FEF
Army 101	AFTB K.02 Military Acronyms and Terms	K.2 - The learner will be able to communicate by employing military specific language, terms, acronyms and time with Army personnel, DA Civilians, and contractors in a military environment.	Spouses	All Cycles	1 HR	Minimum of 10	FEF
Army 101	AFTB K.03 Chain of Command	K.3 - The learner will comprehend military structure including rank, chain of command, and basic unit organization to successfully interact within the military community.	Family Members	All Cycles	1 HR	Minimum of 10	FEF
Army 101	AFTB K.04 Customs, Courtesies, Ceremonies & Traditions	K.4 - The learner will understand and exhibit appropriate behavior in accordance with proper military customs, courtesies and protocol in daily military life leading to personal satisfaction and a sense of	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEF
Army 102	AFTB K.05 Military Social Functions	K.5 - The learner will apply the skills needed to assist in feeling comfortable with social aspects of the military lifestyle.	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEF
Army 102	AFTB K.06 Military Benefits & Entitlements	K.6 - The learner will differentiate between available benefits and provided entitlements to select the most favorable to meet	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEF
Army 102	AFTB K.07 Introduction to Military and Civilian Community Resources	K.7 - The learner will be able to describe and select military and community resources appropriate to meet various life situations.	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEF
Army 102	AFTB K.09 Military Family Preparedness	K.9 - The learner will discuss the importance of family preparedness including legal preparation, financial preparation, preparing for emergencies and maintaining accurate record keeping of important documents.	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEF
Career	Career Exploration & Assessments	This workshop teaches how to explore different industry's, the various requirements, and compare job titles. Covering how to access and use career assessments to make a career decision.	Anyone	All Cycles	1 HR	Minimum of 10	ERP
Career	Federal Resume 101	This class will cover the required elements of the federal resume and teach you how to write/tailor your resume to a federal job announcement.	Anyone	All Cycles	1 HR	Minimum of 10	ERP
Career	Interview Skills & Techniques (Professional Development)	This workshop teaches the common mistakes and interview questions. Covers tips, trends, and learn how to prepare for an interview.	Anyone	All Cycles	1 HR	Minimum of 10	ERP
Career	LinkedIn Fundamentals (Professional Development)	Learn how to build your professional brand on this professional networking platform. Understand how to make connections and develop professional relationships. Professional headshots available by appointment only.	Anyone	All Cycles	1 HR	Minimum of 10	ERP
Career	Military Spouse Preference & Federal Employment	Did You Know? As a Military Spouse you may be eligible for the Priority Placement Program (PPP). Learn the requirements and documentation needed for these.	Military Spouses	All Cycles	1 HR	Minimum of 10	ERP
Career	Navigating USAJOBS	Learn about the federal hiring process, build a complete profile, and tips on how to make the most of your job search.	Anyone	All Cycles	1 HR	Minimum of 10	ERP
Career	Professional Development and Career Exploration for Teens	ERP invites Mountain Post teens and their parents to join us for workshops guaranteed to launch your teen into a productive future.	Teens	All Cycles	1 HR	Minimum of 10	ERP
Career	Resume Essentials	This course will teach you how to develop a competitive private sector resume. Learn about the different formats, how to tailor your resumeto fit a specific job posting, and examine current resume trends.	Anyone	All Cycles	1 HR	Minimum of 10	ERP
Communication	AFTB G.01 Learn to Communicate	G.1 - The learner will employ effective skills and develop communication strategies for their personal and professional lives.	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEF
Communication	AFTB G.04 Exploring Personality Traits	G.4 - The learner will differentiate personality traits to discover effective ways to interact with peers, co-workers, friends and family.	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEF
Communication	AFTB G.05 Improving Personal Relationship	G.5 - The learner will be able to discuss how to develop and maintain healthy personal relationships and identify the benefits of being a supportive group member. The learner will also identify the impact of self- esteem on building	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEF
Communication	AFTB G.06 Successful Team Dynamics	G.6 - The learner will appraise relationships and interpret healthy personal and professional relationships.	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEF
Communication	AFTB L.3 Effective Communication for Leaders	L.3 - The learner will construct communication strategies to successfully convey information as leaders to teams or individuals.	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEF
Communication	AFTB L.5 Establishing Team Dynamics	L.5 - The learner will discuss ways leaders can build strong and cohesive teams, by capitalizing on a positive attitude, understanding their role in the stages of team development, building commitment within the team, and being aware of	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEF
Deployment	Children & Separation Issues of Deployment	Focus on understanding the difficulties children can experience when it comes to separation from a deployed parent, coping strategies that parents can use, tips for long-distance parenting.	Parents	Pre-Deployment	30 MIN		FEF
Deployment	Combat-Related Stress Reactions: What SM and FM Need to Know	Prepares SM for the various ways stress may present itself during deployment, particularly in relation to combat.	Soldiers	Pre-Deployment	30 MIN		FEF
Deployment	Deployment Survival	Helps SM prepare for and cope with deployment. Things to consider, tips for managing separation. The importance of creating a plan that will help FM deal with day-to-day issues (finances, legal questions, personal matters, etc.) without	Soldiers	Pre-Deployment	30 MIN		FEF
Deployment	Emotional Cycles of Deployment	Excellent presentation that dives deep and meaningfully into the emotional challenges experienced by service members and their families throughout every cycle of deployment	Soldiers & Spouses	All Cycles	30 MIN		FEF
Deployment	Issues Families Face When the Military Deploy	Addresses deployment-related stress for service members, spouses, children, and parents. Topics include stressors for each group, symptoms of deployment stress, and coping	Soldiers & Family Members	All Cycles	30 MIN		FEF
Deployment	Rear Detachment Leader Training	Gain a better understanding of the Rear Detachment Leaders role and the many resources available for crisis intervention.	Soldiers	Deployment	2 Days	Minimum of 15, 60 day prior request,	FEF
Deployment	Rear Detachment STX	Learn effective communication and triage techniques for dealing with family issues along with the baseline services and programs. Using scenarios, enhance the team approach to incidents. Meet key program support personnel.	Rear D & SFRG	Pre-Deployment	4 HR	Attendance of all Rear D & SFRG	FEF
Deployment	Reintegration Reactions	Importance of the reintegration process, reintegration checklists for Soldiers, challenges in adjusting to role changes, common reactions and positive/negative coping mechanisms.	Soldiers & Spouses	Post-Deployment	30 MIN		FEF
Deployment	Return & Reunion for Spouses	Helps military spouses through the process of reuniting with Service member, understanding deployment experiences, planning for reunion.	Spouses of deployed Soldiers	Deployment, Pre Reintegration	30-120 MIN		FEF
Deployment	The Four Lenses - Deployment Readiness Process Training	A unique way, using a temperament sensitive approach to help the Soldier and Family member prepare and plan for the deployment cycle. Create strategies and action plans for finances, communication, children, and roles/responsibilities.	Couples	Pre-deployment	4 HR	Minimum of 20 (10 couples)	FEF
Financial	Budgeting 101	This class is designed to ensure each Soldier has a plan to better manage their money and is financial healthy. Family Members are welcome.	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FRP
Financial	Financial Touchpoint: CONTINUATION PAY	As Soldiers utilizing the Blended Retirement System (BRS), you are eligible for a one-time, mid-career bonus payment called Continuation Pay. During this course, you will have the opportunity to understand what Continuation Pay is, how	Soldiers & Spouses	All Cycles	1 HR	option: https://olms.armyfa	FRP
Financial	Financial Touchpoint: DISABLING SICKNESS OR CONDITION	It can be incredibly overwhelming if you or a family member, whether it's a child or an adult, experience a disabling sickness or condition. This course will focus on the financial implications of dealing with a disabling sickness or condition	Soldiers & Spouses	All Cycles	1 HR	option: https://olms.armyfa	FRP
Financial	Financial Touchpoint: DIVORCE	This course is designed to help reduce the stress and uncertainty associated with the financial aspects of divorce. During this course, you will receive information that will help you prepare to make smart, informed financial moves so you can	Soldiers & Spouses	All Cycles	1 HR	option: https://olms.armyfa	FRP
Financial	Financial Touchpoint: FIRST CHILD	For most Soldiers, a new child means changes, especially to your finances. Whether you are having a baby, adopting or becoming a step-parent due to a marriage, this course is designed to help you organize your finances efficiently and	Soldiers & Spouses	All Cycles	1 HR	option: https://olms.armyfa	FRP
Financial	Financial Touchpoint: MARRIAGE	This course is designed to help you start your new life together on the same financial page. During this course, you will gain knowledge to help you organize your finances and adjust to your new life as a married person. This training satisfies	Soldiers & Spouses	All Cycles	1 HR	option: https://olms.armyfa	FRP
Financial	Financial Touchpoint: PCS	This course is designed to help you better understand and prepare financially for a Permanent Change of Station (PCS) move. This training satisfies the common military training requirement for PCS for Soldiers in pay grade E-4 or below, or	Soldiers & Spouses	All Cycles	1 HR	option: https://olms.armyfa	FRP
Financial	Financial Touchpoint: POST-DEPLOYMENT	This course is designed to assist in transitioning your finances following a deployment so that you can focus on what really matters: Reuniting with friends and family. This training satisfies the common military training requirement for	Soldiers & Spouses	Post-Deployment	1 HR	option: https://olms.armyfa	FRP
Financial	Financial Touchpoint: PRE-DEPLOYMENT	This course is designed to assist in planning and preparing for the financial changes associated with a deployment. It will cover some of the financial benefits and potential financial pitfalls of deployment so that you are more financially aware.	Soldiers & Spouses	Pre-Deployment	1 HR	option: https://olms.armyfa	FRP
Financial	Financial Touchpoint: PROMOTION	This course will help prepare you for the financial aspects of a promotion and teach you how to take advantage of certain opportunities to improve your situation. This training satisfies the common military training requirement for Promotion.	Soldiers & Spouses	All Cycles	1 HR	option: https://olms.armyfa	FRP

FOCUS AREA	BRIEFING/TRAINING NAME (Hover over class name to reveal the Class Description)	CLASS DESCRIPTION	TARGET AUDIENCE	DEPLOYMENT CYCLE	TIME REQUIRED	OTHER INFORMATION	ACS PROGRAM
Resilience	Post Deployment Resilience Training for Spouses/Couples	This resilience training module covers independence and resilience, the elements of combat and other high-risk deployments; post-deployment transition and reintegration back home; Lessons learned which may be helpful in	Soldiers & Spouses	Post-Deployment	2 HR	Can be taught by unit MRT	MRT
Resilience	Resilience (16 Skills)	12 Resilience Skills : Resilience Competencies, Hunt the Good Stuff; Goal Setting, ATC, Energy Management, Thinking Traps, Detect Icebergs; Problem solving, Put it in Perspective, Mental Games, Character Strengths, Assertive	Spouses	All Cycles	2 HR	1 Skill per session (Each skill builds on	FAP
SFRG	AFTB K.08 Introduction to Soldier & Family Readiness Groups	K.8 - The learner will understand the mission; structure and purpose of the Family Readiness Group identifying the benefits FRGs bring to the Total Military Community.	Soldiers & Spouses	All Cycles	45 MIN	Minimum of 10	FEP
SFRG	CARE Team Training	A small team of individuals activated to support NOK for a short period of time after trauma or crisis to fill the gap between the notification team and family support arriving.	CARE Team Member	All Cycles	4 HR	regularly scheduled at ACS. Minimum of 10	FEP
SFRG	Family OPSEC	Protect your Soldier by protecting the information you know. This is known as Operations Security (OPSEC). Class covers OPSEC for social media and personal security	Family members	All Cycles	90 MIN	Minimum of 10	FEP
SFRG	SFRG Command Team Course	Commanders training on how to set up & maintain their SFRG program. Learn about SFRG Mission, Essential Activities, structure and requirements in accordance with AR 608-1	Leadership	All Cycles	2 HR	Minimum of 6	FEP
SFRG	SFRG Fund Custodian Training	Learn about the responsibilities of the Fund Custodian and the Army regulations for managing SFRG Informal Fund accounts and	SFRG Volunteers	All Cycles	90 MIN	Minimum of 10	FEP
SFRG	SFRG Key Contact	Soldier & Family Readiness Group (SFRG) Key Contact training covers the responsibilities and expectations of being a Key Contact. Learn how to handle crisis phone calls and other forms of communication.	SFRG Volunteers	All Cycles	90 MIN	Minimum of 10	FEP
SFRG	SFRG Management	Lead volunteers train on how to set up, maintain & handle challenges within the SFRG arena. Learn about SFRG structure and requirements in accordance with AR 608-1	SFRG Managers	All Cycles	8 HR	Minimum of 10.	FEP
SFRG	Virtual SFRG - vSFRG	Teaches the basics of how to administer your unit's vSFRG site. The vSFRG (armyfamilywebportal.com) is a tool that allows commanders to securely communicate directly to Soldiers & Family members.	Volunteers; OPOC's	All Cycles	2 HR		FEP
Team Building	The Four Lenses	Gain a deeper understanding to learn about people's personality profile and how you can understand others, motivate, communicate, strengthen leadership abilities, reduce stress and conflict.	Teams	All Cycles	2 HR	Minimum of 20	FEP
Team Building	AFTB L.6 Resolving Conflict	L.6 - The learner will explore causes and benefits of conflict and will develop approaches to conflict management. Through practical exercises the learner will apply conflict management approaches.	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEP
Team Building	AFTB L.7 Supporting Others through Coaching and Mentoring	L.7 - The learner will differentiate between the role of a coach and the role of a mentor, assess his/her strengths and challenges as a coach and as a mentor, examine behaviors of a leader as a coach and as a mentor, and identify effective	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEP
Volunteering	AFTB G.11 The Volunteer Experience	G.11 - The learner will explore the importance of volunteerism within the military and civilian communities and the benefits to both the volunteer and the organizations they serve. They will also examine the documentation required to	Soldiers & Spouses	All Cycles	1 HR	Minimum of 10	FEP
Volunteering	New Volunteer Orientatation (VMIS & OPOC) Training	Provide information on registration of a new volunteer, duties /responsibites of the Organization Point of Contact (OPOC) and how to use /navigate the Volunteer Management Information System (VMIS) These training opportunities	Volunteers, CFRRs, & OPOCs	All Cycles	2 HR		AVC

Family Advocacy Quick Reference

Best Practices:

EARLY PREVENTION IS THE KEY

- PREP
- Seven Principles for Making Marriage Work (Gottman)
- Scream Free Curriculum
- Parenting Programs
- Mentor in Violence Prevention (Leadership)
- Nurturing Parenting

WHEN AN INCIDENT OCCURS

Contact BH-FAP and request name of Assessment staff for your soldier's case.

- Be involved early in the case assessment Especially if you are aware of history
- History cannot be discussed in Physical Abuse cases AT IDC unless already part of the assessment

Contact Victim Advocacy (719-243-7907) ASAP to discuss;

- Safety for the Victim
- Resources for the Victim
- Emergency Shelter
- **Transitional Compensation**
- **If the victim is receiving Services from an advocate, please provide a copy of any MPOs**

- Military no-contact orders should be given to the subject of the order with a copy provided to the Chief, SWS for the FAP case file (AR 608-18)
- The commanding officer who issues the military no-contact order will provide a written copy within 24 hours of its issuance to the person with whom the member is ordered not to have contact. (AR 608-18)
- A copy of each military no-contact order issued is to be forwarded immediately to the provost marshal office, SWS, and FAPM

Key Take Aways:

REPORTING and PROTECTION

Commanders are required to report all ALLEGATIONS of Spouse Abuse to BH-FAP@ 526-5050/4585

And ALL Soldiers are to report ALL ALLEGATIONS of Child Abuse to Colorado DHS AND Fort Carson BH-FAP

- **DHS 1-844-264-5437**
- **BH-FAP 719-526-5050**

LIFE THREATENING EMERGENCIES ALWAYS CALL 911

Commanders are required to ensure protection of all persons alleged or known to be at risk from domestic abuse by issuing and enforcing an appropriate military protection order (MPO) that is coordinated with those civilian authorities that enforce the protection orders issued by civilian courts.

Ensure safe housing has been secured for the victim as needed. The preference is to remove the alleged abuser from the home when the parties must be separated to safeguard the victim. (DoDi 6400.06)

TRAINING

- ALL SOLDIERS ARE REQUIRED TO ATTEND ANNUAL DV AWARENESS/PREVENTION TRAINING CONDUCTED BY FAMILY ADVOCACY STAF
- Commander's/1SG are required to complete IDC online training PRIOR to attending first IDC (Provide BH-FAP with your certificate)
- The training is available by clicking on the following link:
[https://www.atrrs.army.mil/atrrscc/courseInfo.aspx?fy=2023&sch=555&crs=081SDL23-IDC-CCSM-001&crstitle=INCIDENT+DETERMINATION+COMMITTEE+\(IDC\)&phase=](https://www.atrrs.army.mil/atrrscc/courseInfo.aspx?fy=2023&sch=555&crs=081SDL23-IDC-CCSM-001&crstitle=INCIDENT+DETERMINATION+COMMITTEE+(IDC)&phase=)

Family Advocacy Program Manager

Angela McGrady 524-1899

Family Advocacy Program Specialist Supervisor

Justin Cole 526-0445

Family Advocacy Program Specialist

Steve Arce 524-0912

Ft Carson DV Hotline (24/7)

719-243-7907



FY 2024 Schedule



Annual Troop training for Domestic Violence Prevention

IAW AR 608-18, the Troop education program consists of annual troop education conducted by FAP personnel for all Soldiers on the 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 can provide this one hour brief to meet your training requirements.

Briefings are scheduled on the following dates at McMahon Theatre

Thursday, OCT 12, 2022	1000-1100	Thursday, APR 11, 2023	1000-1100
Thursday, NOV 09, 2022	1000-1100	Thursday, MAY 09, 2023	1000-1100
Thursday, DEC 14, 2022	1000-1100	Thursday, JUN 13, 2023	1000-1100
Thursday, JAN 11, 2023	1000-1100	Thursday, JUL 11, 2023	1000-1100
Thursday, FEB 15, 2023	1000-1100	Thursday, AUG 08, 2023	1000-1100
Thursday, MAR 14, 2023	1000-1100	Thursday, SEP 12, 2023	1000-1100

Capacity limitations at the theatre is approximately 900 personnel. Seating is on a first come first serve basis, however you may also schedule a briefing for your unit by calling 719-524-0912 or 719-524-1899 and speaking with the Family Advocacy staff.

Helpful Tips on Gift Offers & Acceptance

Where do I go for more information on the Army Gift Program?

AR 1-100; The Army Gift Program Policy sets forth the policies and procedures to follow.

Who has gift acceptance authority on Fort Carson?

Delegation of Authorities are established from the Secretary of the Army through IMCOM CDR for the following:

- DFMWR Director – can accept up to \$50,000 for gifts to the non-appropriated fund instrumentality (NAFI).
- Garrison Commander – can accept up to \$100,000 for gifts to the NAFI, and up to \$20,000 for gifts to the United States Army under IMCOM jurisdiction.

Unit Commanders have limited gift acceptance for Soldier & Family Readiness Group Informal Funds up to \$1000. For more information on gifts to Family Readiness Groups informal funds, see AR 608-1 appendix J-7.

Chaplains have a separate authority under their tithes and offerings program.

MEDDAC gift acceptance is under separate delegation through the Surgeon General.

FORSCOM units' gifts to the United States Army are processed through the Secretary of the Army.

Can I reach out and tell local businesses about my upcoming unit event?

No. Federal employees (Soldiers and Civilians) cannot solicit for donations. As an official activity of the Army, and Command sponsored organization, Soldier and Family Readiness Groups and their members are prohibited from soliciting donations, either directly or indirectly, from any individual or business.

What if I get approached by a local business that wants to support my unit's upcoming event?

All gift offers should follow the procedures set forth in AR 1-100. Commanders should consult their unit Ethics Advisor or the Fort Carson Commercial Sponsorship office, as needed.

My Commander has asked me to find out about what we can get for free for an upcoming unit event, but I know I can't solicit, what support is out there?

If you have an upcoming event, please send an email to the Gifts and Donations Coordinator for awareness of your needs. Although we are unable to solicit on your behalf, we will always do our best to connect donors with current needs in our community when gifts are proffered. Send an email with general needs and dates early in the process and keep the Gifts Coordinator updated along the way.

Point of contact for Fort Carson Gift Program is Connie Roy, (719) 526-0471, connie.s.roy.civ@army.mil

If in doubt on how to move forward with a gift offer, consult your unit Ethics Advisor or Fort Carson Staff Judge Advocate Office for more information. This document is intended for informational purposes only and should not be considered as legal counsel or official legal review.



FORT CARSON • ARMY COMMUNITY SERVICE • PROGRAMS

Regardless of what stage of life you and your family are in, Army Community Service has services and programs to make your Army life more successful. If you are new to the Fort Carson, Colorado area, make sure to stop in and pick up a welcome packet, get maps and directions to the local area and meet our professional staff. ACS offers monthly classes on parenting, finances, relationships, volunteerism, Exceptional Family Members, and much, much more.

ARMY VOLUNTEER CORPS (AVC)

- Assistance finding volunteer opportunities on and off Fort Carson
- Special Volunteer events including: Make A Difference Day and National Volunteer Week
- Stay for a Day- Short Term Volunteer opportunities
- Volunteer Management Information System (VMIS) Support and Training
- Volunteer Recognition: Volunteer of the Quarter and Annual Volunteer Award Recognition

COMMUNITY INFORMATION & REFERRAL PROGRAM (I&R)

- Information, Referral & Follow Up - Local, State, National, Worldwide

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

- Individualized Family Support
- Connection to Services, Resources, Community Information
- EFMP & Me
- EFMP Systems Navigation/Non-Clinical Case Management Services
- Special Education School Support (IEP/504 Plan)
- Compassionate Action Administrative Support
- EFMP 101
- EFMP Respite Care

EMPLOYMENT READINESS PROGRAM (ERP)

- Assistance with Resumes, Building a Portfolio and Interviews
- Career Fair Preparation
- Education Scholarships Information
- Federal Employment for Military Spouse
- USAJobs Workshops
- Professional Development Workshops & Career Assessments

FAMILY ADVOCACY PROGRAM

- Parenting classes for parents of children from infants to teens
- Relationship Preventative Maintenance for Couples & Singles (PMCS)
- Relationship Classes
- Resilience Classes

FAMILY ENRICHMENT PROGRAM (FEP)

- Army Family Action Plan (AFAP) Program
- Army Family Team Building (AFTB) Training and Readiness Program
- ACS Volunteer Briefer, Facilitator, and Instructor Training
- Educating our Community about Fort Carson and Military Life

FINANCIAL READINESS PROGRAM (FRP)

- Army Emergency Relief (AER)
- Banking Management and Finance Classes
- Budget, Credit, Debt and Investment Counseling
- Assistance for Soldiers through Community Partners
- Consumer Protection and Mediation
- Thrift Savings Plan
- Food Assistance Program Screening
- Free Access to CARFAX Reports
- Free Access to Consumer Reports
- Providing information on LEAP (Low-Income Energy Assistance Program)
- Understanding your Military Retirement
- Financial Milestones

MARKETING & OUTREACH

- Facilitating Community Partner Resources for Soldiers and Families
- Slick Deals for Soldiers and Families
- Community Newsletter: "Pass-It-On"

MOBILIZATION & DEPLOYMENT READINESS PROGRAM (MOB/DEP)

- CARE Team Training
- Emergency Family Assistance Center (EFAC)
- Soldier & Family Readiness Group (SFRG) Support and Training
- OPSEC Training for Military Families
- Pre and Post Deployment Training / Rear Detachment Training
- Reintegration / Reunion Training for Soldiers and Families
- Unit Service Coordinator (USC) Program

NEW PARENT SUPPORT PROGRAM (NPSP)

- Home Visits with New Parent Support Program
- Nurturing Parenting Programs for Infants to Teenagers
- Play Groups for infants to 5 years of age

RELOCATION READINESS PROGRAM (RELO)

- Multicultural Support
- Citizenship and Immigration Referrals
- Cultural Meet-Ups
- Installation Welcome Packets
- Nursing Suite at ACS Center
- Sponsorship Training
- Permanent Change of Station Trip Planning
- Waiting Families Program
- Mountain Post Welcome for Spouses and Families

SOLDIER & FAMILY ASSISTANCE CENTER (SFAC)

- Transition assistance to Soldiers and their Families that are assigned to the Soldier Recovery Unit (SRU) and the Integrated Disability Evaluation System (IDES)

SURVIVOR OUTREACH SERVICES (SOS)

- Benefits Counseling
- Families of the Fallen Social Activities
- Financial Counseling
- Job Search and Education Assistance
- Support and Outreach
- Information & Referral
- Survivor Support Groups
- Post Access Sponsorship
- Bereavement Referral and Support
- Peer-to-Peer Support

VICTIM ADVOCACY PROGRAM

- Supporting Leadership Response to Domestic Violence
- Support Groups for Domestic Violence
- Victim Advocacy Program and Training

ACS Main Center: (719) 526-4590 | 6303 Wetzel Ave., Bldg. 1526

ACS Annex: (719) 526-0461 | 1481 Titus Blvd., Bldg. 7492

ACS Survivor Outreach Services: (719) 526-2069 | 6990 Mekong St., Bldg. 6215

CARSON.ARMYMWR.COM/ACS



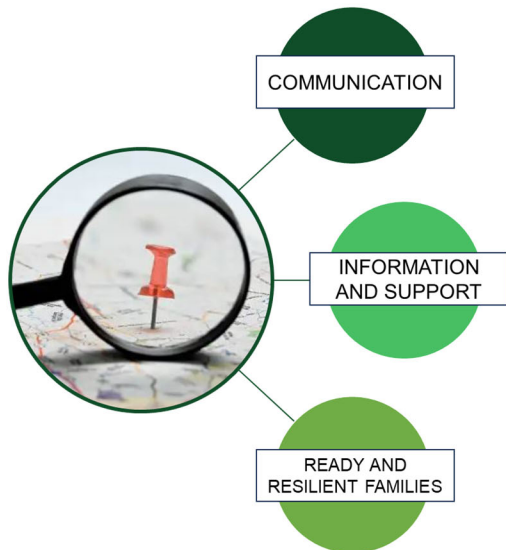
SOLDIER AND FAMILY READINESS GROUPS

Soldier and Family Readiness Groups (SFRGs) are high-functioning command information networks that communicate, inform, and connect commands with all the unit personnel, Family Members, and Volunteers that enable a network of mutual support.

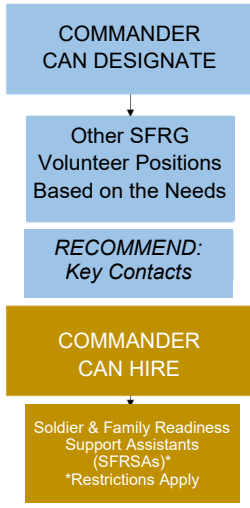


ACS Fort Carson Quick Reference

SFRG Areas of Focus



- REQUIRED ELEMENTS**
- COMMANDER
(Serves as the SFRG Leader)
 - CFRR & Alternate
 - Fund Custodian & Alternate
 - Rear Detachment Commander
(If Required)



The Command Family Readiness Representative (CFRR) serves as the commander's representative to ensure the free flow of information and support between the unit leadership, its volunteer base, and unit personnel to include Family members.

Guidance: AD 2019-17, FC OPOD ISO SFRG, HQDA EX-ORD 233-198, see pg. 2 for changes

- CFRR Requirements**
- Officer or NCO (Sergeant & above)
 - May be Pre-designated as RDC
 - May only be a Service Member
 - Have at least 12 months of Stabilization
 - Shall NOT Deploy
 - Will not be assigned any other additional duties
 - MAY speak on behalf of the Commander**
 - Is a Leader within the SFR structure
- CFRR Mandatory Training**

Volunteers:
The SFRG Mission cannot be completed solely by the Commander (SFRG Leader) and CFRR.

Example Positions:

- Advisor
- SFRG Manager
- Secretary
- Newsletter Editor
- Activities Chair Person
- Key Contact

Continued on page 2

Soldier and Family Readiness

What is Soldier and Family Readiness? >

Soldier & Family Readiness Groups (SFRGs) >

Roles within the SFRG >

Policies and Regulations that Govern SFRGs >

Leaders Toolbox for SFRGs

Looking for tools to use in operating the SFRG, resources that others have created, or tools to provide or use at your SFRG events? Here are some great tools to use. >

Soldier and Family Readiness - Starting Fresh >

Command Family Readiness Representative (CFRR) >

ACS SFRG / Leader's Toolbox
(SFRG document templates and other tools) <https://carson.armymwr.com/programs/family-readiness-group-frg>

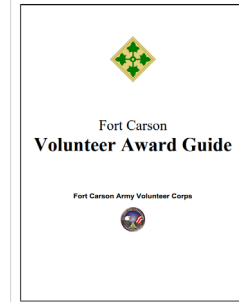
Points of Contact:

⇒ **Army Community Service (ACS) Mobilization, Deployment & Support Stability Operations (SSO) Program:**
719.526.0458
(Deskside SFRG Brief Available)

⇒ **Division CFRR:** 719.503.0040

Volunteers Cont'd:

- Volunteers Receive:
 - Personal/professional experience
 - Enhancement of marketable professional skills
 - Sense of community and accomplishment
 - Foster Soldier and Family cohesion
- Register volunteer hours in Volunteer Management Information System (VMIS)
- Recognition Examples:
 - Volunteer of the QTR / Year award
 - Kit Carson award
 - Meritorious Public Service Medal (DIV authority)
 - Public Service Commendation Medal (BDE authority)
 - Patriotic Public Service lapel pin (BN authority)



Army Volunteer Corps Website:

carson.armymwr.com/army-volunteer-corps

SOP: Your SFRG will need to include

- SFRG Operations
- Budget
- Informal Funds *
- External Operating Presence*
- Newsletter
- Volunteer Management

**If SFRG has funds or uses Social Media*

Training: ACS offers several trainings for your SFRG related positions.

- CFRR Academy
- CARE Team
- Volunteer, VMIS, OPOC
- SFRG Informal Fund Custodian
- SFRG Informal Fund Key Contact
- SFRG Management
- Rear Detachment Leaders

Ethical/Legal Issues: You are not a counselor or attorney; consult experts before giving advice. Use regulations to ensure compliance. Watch out for endorsement, commercial sponsorship and solicitation issues.

Welcoming: Ensure Soldiers and Families feel welcome during unit integration process and throughout assignment to unit.

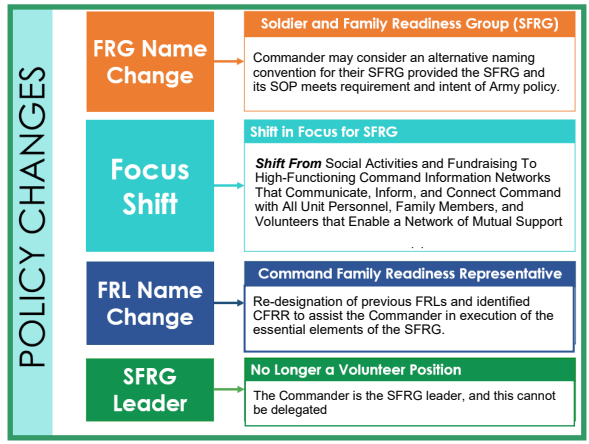
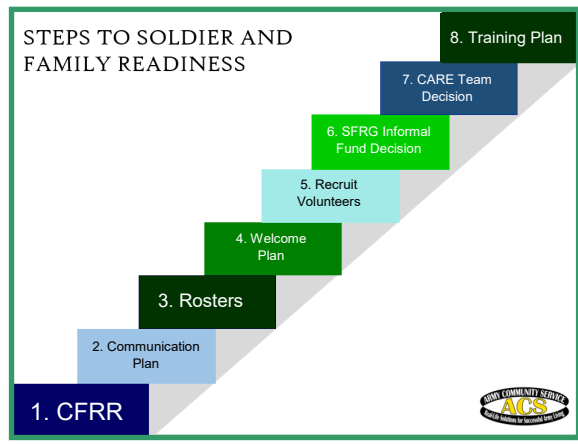
Welcome Briefs / Events:

- | | |
|--|-----------------------|
| □ Pre-PCS to the Mountain Post Brief: Know Before You Go | □ Unit Welcome Briefs |
| □ 4ID Town Hall | □ Welcome Letter |
| □ Community Information Exchange | □ Family Care Packet |
| □ DIV Newcomer Brief | □ Welcome Packet |

Interaction begins upon SM receipt of orders and assignment of sponsor. Continues throughout installation in-processing, arrival to unit, and duration of association with unit.

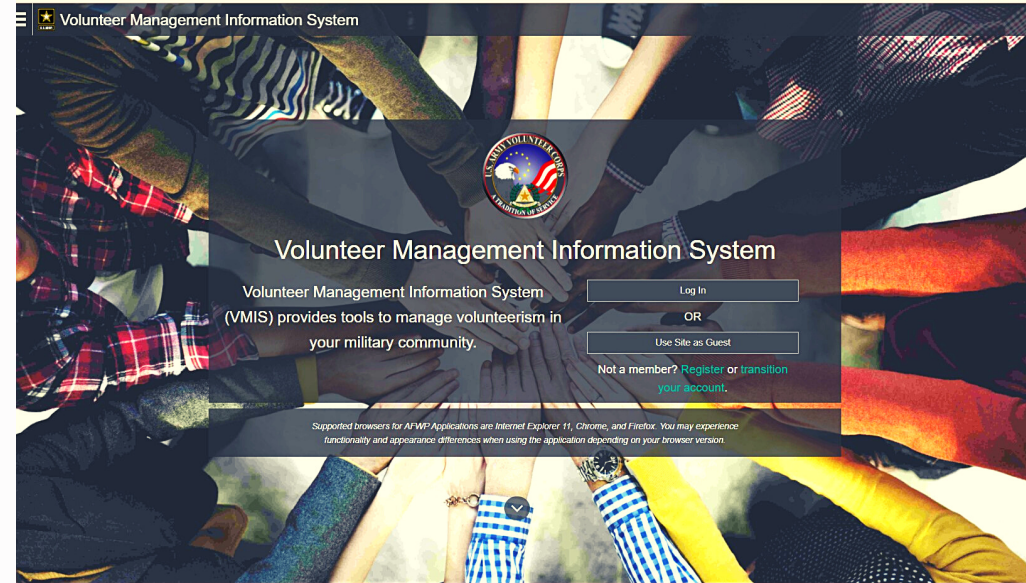
Information: Communication should be Consistent and Accurate. Information should be Reliable 90 days out.

- | | | |
|---------------------------------|----------------------------|-------------------|
| □ SFRG Meetings | □ FRDs | □ Telephone Trees |
| □ SFRG Committee Meetings | □ SFRG /Key Contact Roster | □ Email Distros |
| □ Social Events | □ Newsletters | |
| □ Educational Events/ Briefings | □ LRTC / SRTC | |





**Volunteer
Management
Information System
(VMIS)**



**Fort Carson
ACS Army
Volunteer Corps
Website**

Fort Carson Volunteer VMIS Quick User Guide

Your quick guide to tracking your
volunteer hours and building your official
volunteer record!

<https://vmis.armyfamilywebportal.com>

Questions?

Army Community Service
Army Volunteer Corps (AVC)
1517 Ellis Street, Building 1201
Fort Carson, Colorado 80913
719-526-1082/8303
Like us on Facebook at Ft Carson AVC



Where to start...

REGISTRATION

Enter and confirm your email address

Enter and confirm your password

Passwords are case-sensitive and must contain

- * At least 15 characters
- * At least 2 special characters
- * At least 2 numbers
- * At least 2 upper case letters
- * At least 2 lower case letters

Once you've logged in, build your profile. Complete each section and Save.

Go to the menu button, select Volunteer Management Information System

TRANSITION YOUR LEGACY ACCOUNT

Using your username from VMIS in MyArmyOneSource, go to <https://vmis.armyfamilywebportal.com> and click "transition your account".

Check your email for the verification email and follow the link to create your account.

Once you've finished registering, return to your inbox for a 2nd email verification.

Return to <https://vmis.armyfamilywebportal.com> and log in!

Once inside...

VOLUNTEER DASHBOARD

Service Log: Log and track your hours.

Applications: View all of your applications in VMIS.

Opportunities: *Your starting point!*

View all volunteer opportunities in the community

Records: Enter all volunteer awards & special recognitions, trainings, and orientations here. View background checks status and volunteer documents here.

Service History: View your volunteer positions and annual hours. Download your DA Form 4713, **Daily Service Record** and DA Form 4162, **Volunteer Service Record**

VOLUNTEER HOURS

Click on Service Log

Select correct volunteer position

Click on the date to enter volunteer hours

Use the series of pull downs to enter hours and minutes

Enter your volunteer duties for that day in the Submitter Note

Attach photos, documents, social media posts in the attachments

Click submit!

CAC ACCESS

When using your @army.mil email address in VMIS, you can use your CAC to log in. Complete your first log in and your profile, then log out. Log in, click on your name in the top right corner, select Account Management and enable your CAC access.

PASSWORD

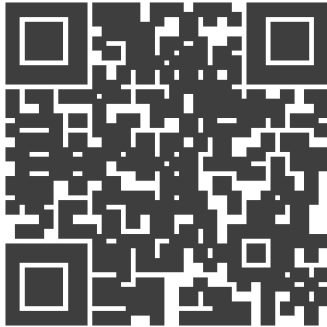
Users will reset passwords every 60 days. You can request a reset on the log in page or access Account Management to reset your password.

INSTRUCTION GUIDE

Follow the steps below in order to apply for AER assistance:

1

Go to the following web address: <https://carson.armymwr.com/AER>



2

Review the **AER CHECKLIST** & download and fill out all required documents

3

Turn in all required documents to the AER Department within the ACS Center (6303 Wetzel Ave., Bldg. 1526)

All AER applications will need at a minimum:

- AER Form 101 (pg. 1-3)
- AER Form 575 Direct Deposit
- Household Budget Worksheet (completed with surplus/deficit)
- Current End-of-Month Leave and Earnings (LES) and/or Pay Stubs
- Copy of DoD ID Card Front & Back
- Supporting Documentation (Review Full Checklist)

If you are requesting AER assistance for **EMERGENCY TRAVEL OR FUNERAL COSTS**, please follow the steps above and then call our office at (719) 526-4783 for further guidance.

If ACS/AER is closed, then please call the American Red Cross at **1-877-272-7337**.

Authorized Categories of Assistance

- Rent | Mortgage
- Utilities | Rental Deposits
- Emergency Travel
- Travel Funds for Relocation (PCS)
- Vehicle Repair
- Replacement Vehicle
- Rental Vehicle
- HVAC Repair
- Natural Disaster
- Cranial Helmets
- Basic Essential Furniture
- Car Seats
- Repair | Replacement of Major Appliances
- Minor Home Repairs
- Dental Care for Dependents
- Food

AER is a NEEDS based program. AER does not reimburse for costs already paid. Assistance is given as a LOAN, GRANT, or Combination of the two. A GRANT is never guaranteed!

UNAUTHORIZED Categories

- Ordinary Leave Expenses
- AAFES Debt
- Adoption Fees
- Legal Fees | Fines
- Liquidation | Consolidation of Debt
- Government Debt
- Government Travel Card
- Personal Credit Cards| Loans
- Items of Convenience
- In Vitro Treatments
- Overdraft Fees
- Negative Bank Accounts
- Abortion Fees
- Child Support | Alimony
- Earnest Funds for Home
- Closing Costs for Home
- Appliance Upgrade
- Purchase of New Vehicle
- Assistance for NON-ID Card Holders
- Continuing Assistance

Requests for **UNAUTHORIZED** categories will not be considered.

