

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

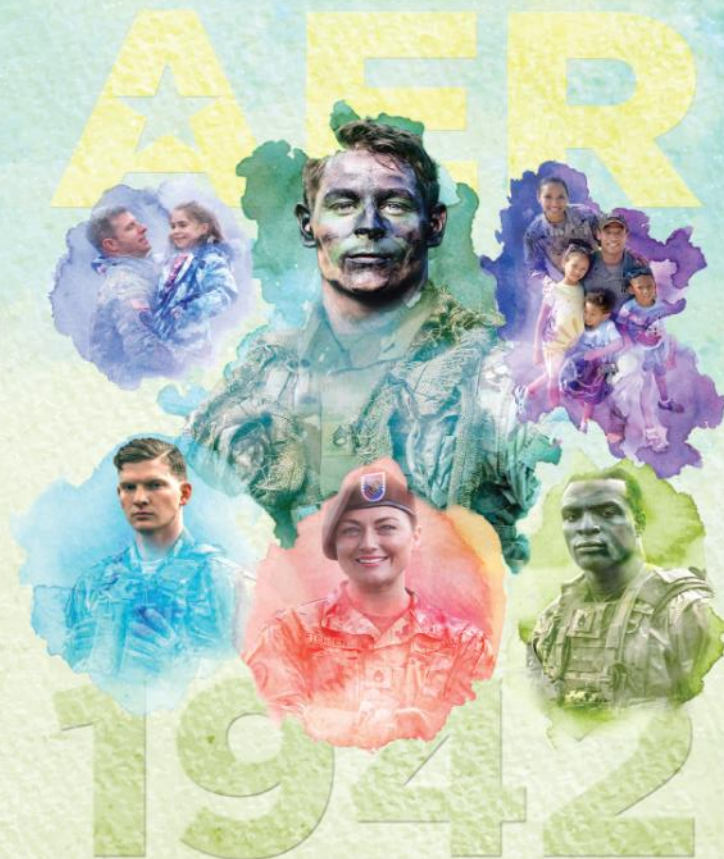


14 March 2023

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

ARMY EMERGENCY RELIEF

SOLDIERS HELPING SOLDIERS SINCE 1942



YOUR DONATION HELPS SOLDIERS AND ARMY FAMILIES IN NEED

March 1 - May 15, 2023

Scan
to
Donate



<https://give.armyemergencyrelief.org/FTCARSON>

For more information, call (719) 526 - 4783

No Fort Carson/ Army Endorsement Implied

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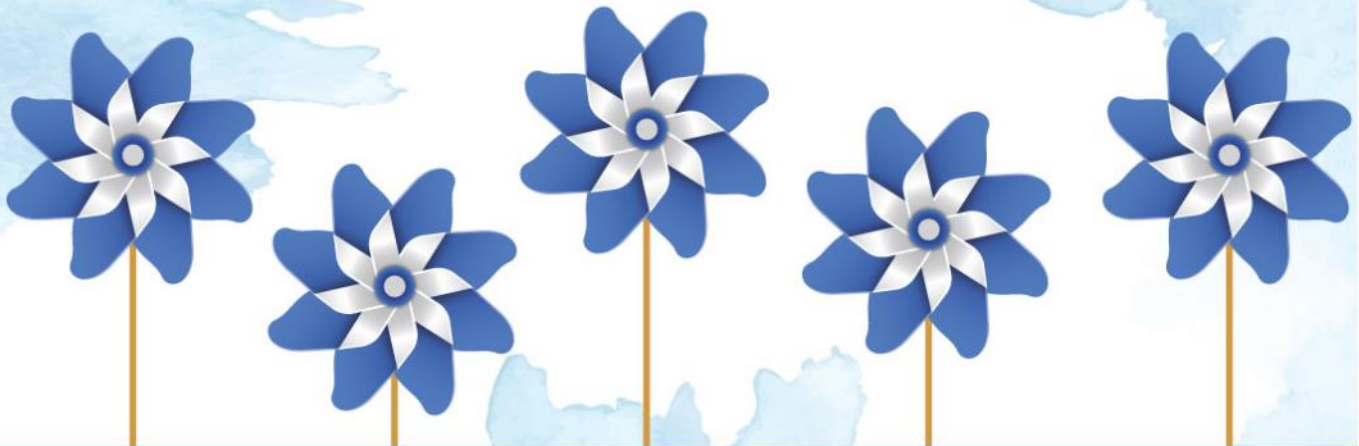


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APRIL NATIONAL CHILD ABUSE PREVENTION MONTH Kick-off

Please join us for our Child Abuse Prevention Month Kick-off.
Festivities include an egg hunt, multiple crafts and a reading of

If You Give a Mouse a Cookie



New Parent Support Program

April 7, 2023 • 10am - 1pm
ACS Annex,
1481 Titus Blvd., Bldg. 7492
Fort Carson, CO

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ARMY COMMUNITY SERVICE PROGRAMS

- [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](#)
- [Soldier & Family Assistance Center](#)
- [Upcoming ACS Classes & Workshops](#)
- [Victim Advocacy Program](#)

ADDITIONAL ON AND OFF POST AGENCY INFORMATION, RESOURCES, AND EVENTS

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

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Community Events Bulletin

Holiday gate closures-

Gates 4, 6 and 19 will be closed March 17 for the military training holiday. Normal hours of operation for gates 6 and 19 are 5 a.m. to 6 p.m. Monday-Friday, and Gate 4 from 5 a.m. to 9 p.m. Monday-Friday. Normal gate operations will resume March 20.

Retiree Council-

A Fort Carson Retiree Council Information Update takes place March 21 at 9 a.m. at Mt. Carmel Veterans Service Center, 530 Communication Circle, Colorado Springs 80905. The event will include updates from partner agencies and featured guest speakers. Military retirees, Family members and surviving spouses are welcome to attend. For more information, call 719-338-3972.

Tactical & Tech Day-

The Fort Carson Tactical & Tech Day, hosted by the Regional Network Enterprise Center, takes place March 23 at the Elkhorn Conference Center. General admission is from 9 a.m. to 1 p.m. The event is an opportunity for community members to see the latest most innovative technologies. To register, visit <https://www.militaryexpos.com/fortcarson/attend/>; advance registration is encouraged.

Youth volunteer program-

The American Red Cross is offering the 2023 Summer Volunteer Youth Program for military Family members ages 14-17. The program provides an introduction to a health care career and the opportunity to help and care for others. Applications are available March 1-31. Interested youth must have a military ID card and current immunizations, including the flu vaccine. Applications must be turned in by March 31 to be eligible for the program. Interviews will be conducted April 15 and applicants will be selected and notified by April 19. A mandatory orientation for selected youths takes place June 2 from 8 a.m. to 4 p.m. The volunteer program runs June 2 to July 31. For more information, contact the American Red Cross Office at Evans Army Community Hospital at 719-526-7144 or by visiting 1650 Cochrane Circle, building 7500.

DFMWR update-

--Intramural Sports hosts a St. Patrick's Day Dodgeball Tournament March 17 from 5-8 p.m. at the Special Events Center. Admission and entry for spectators are free. Each player will receive a free food voucher at the event. There will be additional food and beverages for purchase. For more information or to register, contact Intramural Sports at 719-526-7585 or email Lorraine Thorson at lorraine.thorson.naf@army.mil. Registration will also be accepted at the Special Events Center Monday-Friday 8 a.m. to 7 p.m.

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Community Events Bulletin

Avian flu facts-

Avian flu continues to affect wild birds across Colorado. While the risk to humans remains low, people should follow the tips below.

--Avoid direct contact with wild birds.

--Don't touch water sources that might be contaminated with wild bird feces, saliva or other bodily fluids with their bare hands such as ponds, troughs and bird baths.

--Avoid direct contact with surfaces that appear to be contaminated with feces from wild or domestic birds.

--Take extra care when removing deceased birds on their property:

--Wear a mask and disposable gloves when handling any dead birds

--Double bag any carcasses and discard in municipal trash

--Discard the mask and gloves and immediately wash hands

--Avoid direct contact with wild mammals such as skunks, foxes, racoons and bobcats. Although cases are rare, wild mammals exposed to sick birds can also be infected with avian flu.

Avian influenza does not present a food safety risk; poultry and eggs are safe to eat when handled and cooked properly. The risk to domestic animals and pets is low and cases are rare. For more information visit <https://www.cdc.gov/flu/avianflu/avian-in-other-animals.htm>.

Report sick domestic birds or domestic bird deaths to the Colorado State Vet at 303-869-9130. Notify Colorado Parks and Wildlife if you see three or more dead wild birds in a two-week period at <https://cpw.state.co.us/aboutus/Pages/ContactUs.aspx>.

Digital Garrison app-

For the latest Fort Carson updates, be sure to download the Digital Garrison app at the App Store or Google Play and register for Fort Carson. The app can transfer to the next duty station, so there will be no need to re-download it. Turn on notifications to get updates on inclement weather reporting and facility and gate closures.

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Army Volunteer Corps - Did You Know?!

VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS)

VMIS is for volunteers & Organizational Points of Contact (OPOCs) / Volunteer Coordinators to register, track, verify, and log service hours. An in-person training for volunteers and OPOCs is held every month. To learn how to get started, how to select a position, and how to enter volunteer hours, visit our website and check out the Quick VMIS How to Resource Guide or contact AVC.

(719) 526-4590

CARSON.ARMYMWR.COM/ACS



ALWAYS NO COST!

Visit the AVC webpage [HERE!](#)

Family Advocacy Program

Keep up to date with local events and deals with the



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Family Advocacy Program - Did You Know?!

**TEN GREAT
DATES**



This class is designed to help couples focus on the positive experiences in their relationship and how to maintain healthy communication about their emotions, needs and intimacy, and how to enhance those areas of their relationship.



ALWAYS AT NO COST!

(719) 526-0461

CARSON.ARMYMWR.COM/ACS

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

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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:

07/16/22	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	07/13/23
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!](#)

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NEWSLETTER**

Exceptional Family Member Program - Did You Know?!

COMPASSIONATE ACTIONS ASSISTANCE

Meet with an EFMP Systems Navigator to ensure individual circumstances meet criteria for requesting a compassionate reassignment, deletion, deferment or permissive attachment based on the individual Soldier's circumstances.

(719) 526-0461

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ALWAYS AT NO COST!

Visit the EFMP webpage [HERE!](#)

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NEWSLETTER**

Employment Readiness Program - Did You Know?!

LinkedIn Fundamentals

Learn how to build your professional brand on this professional networking platform. Understand how to make connections and develop professional relationships to help in your job search.

(719) 526-4590

CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!

[Visit the ERP webpage HERE!](#)

Financial Readiness Program

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NEWSLETTER

Financial Readiness Program - Did You Know?!

FINANCIAL STRENGTH BUDGETING 101

LEARN HOW TO CREATE A BUDGET SPECIFIC
TO YOUR NEEDS. THIS CLASS IS DESIGNED TO
ENSURE THAT EACH SOLDIER HAS A PLAN TO
BETTER MANAGE THEIR MONEY AND CREATE A
SOUND FINANCIAL PLAN.



(719) 526-4590

carson.armymwr.com/acs



ALWAYS AT NO COST!

Visit the FRP webpage [HERE!](#)

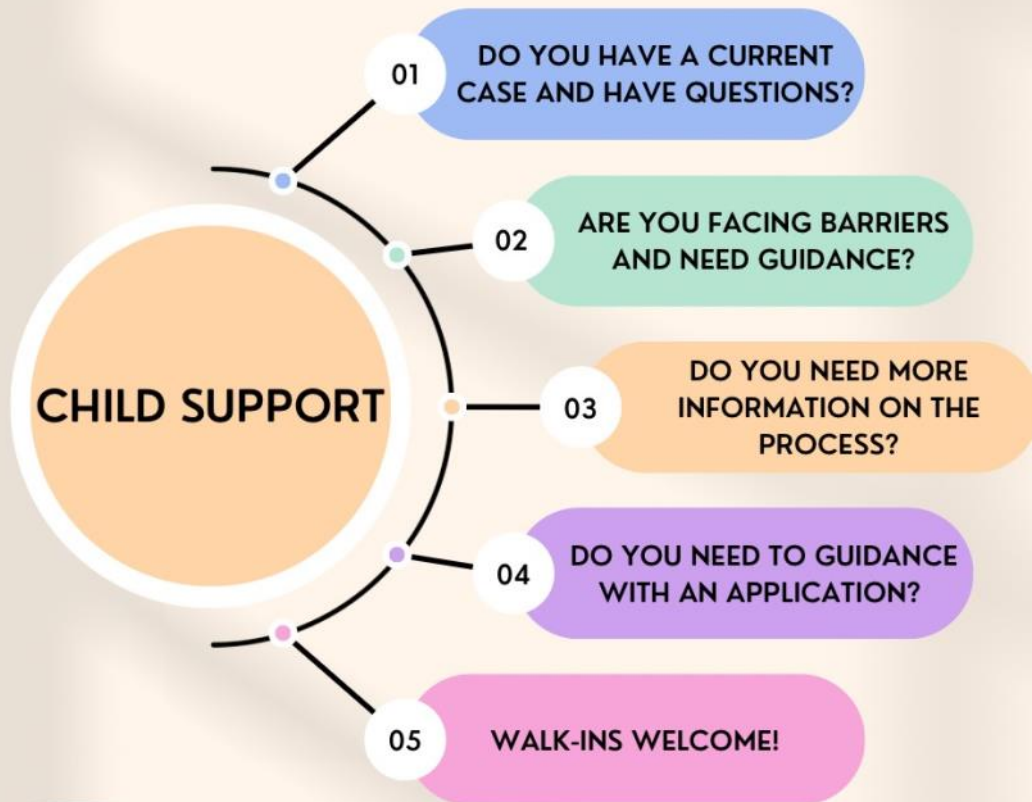
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Information, Referral, and Follow-Up Program - Did You Know?!

Did you know that ACS has a representative from El Paso County Child Support Office in house, every Tuesday, 1-4pm?



Questions? (719) 526-4590

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

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Mobilization & Deployment Program - Did You Know?!

Rear Detachment Leader's Course

Provides an overview of the Rear Detachment Leaders role and the many support programs and services that are available both on and off the installation. Rear Detachment leadership team, Command Family Readiness Representatives (CFRRs), and support staff are welcome.



ALWAYS AT NO COST!

(719) 526-4590

CARSON.ARMYMWR.COM/ACS

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

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Relocation Readiness Program - Did You Know?!

LATINO MEET-UP

¡ÚNASE A NOSOTROS PARA COMPARTIR NUESTRAS EXPERIENCIAS DE VIDA, CONOCER GENTE NUEVA Y DIVERTIRSE! ESTE GRUPO SE UNIRÁ PARA INTERCAMBIAR INFORMACIÓN SOBRE PROGRAMAS EN SU COMUNIDAD Y LOS SERVICIOS COMUNITARIOS DEL EJÉRCITO (ACS) COMO APOYO PARA LAS FAMILIAS MILITARES. HAGA CONEXIONES Y REDES PARA DAR Y RECIBIR SOPORTE. ¡PODEMOS APRENDER SOBRE NUESTRAS DIFERENTES CULTURAS Y DIVERTIRNOS! LOS NIÑOS SON MÁS QUE BIENVENIDOS A ASISTIR.



(719) 526-4590

CARSON.ARMYMWR.COM/ACS

ALWAYS AT NO COST!

Visit the RELO webpage [HERE!](#)

New Parent Support Program

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New Parent Support Program - Did You Know?!

NURTURING

3 TO 12 YEARS

This 12-week class includes topics of communication with your child, how to build your child's self-esteem, behavior management techniques and much more. To learn more, call us at (719) 526-0461.



ALWAYS AT NO COST!

CARSON.ARMYMWR.COM/ACS



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

Keep up to date with local events and deals with the



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Soldier and Family Assistance Center - Did You Know?!

MEDICAL SEPARATION ORIENTATION BRIEF

**GET ORIENTATED TO THE SOLDIER
AND FAMILY ASSISTANCE PROGRAM.
INCLUDES A FACILITY TOUR AND
INFORMATION ON WHAT SERVICES
ARE PROVIDED THROUGH THE SFAC.
OPEN TO ALL SOLDIER RECOVERY
UNIT, INTEGRATED DISABILITY
EVALUATION SYSTEM (IDES)
SOLDIERS AND THEIR FAMILY
MEMBERS.**



ALWAYS AT NO COST!

(719) 526-4590

CARSON.ARMYMWR.COM/ACS

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

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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



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DATE	CLASS	TIME
March 21st	Boot Camp for New Moms	9 am - 12 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Center on Fathering	1 pm - 3 pm
	Child Support Walk-in's (El Paso County Representative)	1 pm - 4 pm
	Navigating USAJOBS	1:30 pm - 2:30 pm
	IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief	10 am - 11 am
	Disabling Sickness or Condition: Financial Milestone Training	11 am - 12 pm
	Homebuyers Workshop	1 pm - 4 pm
	The Seven Principles for Making Marriage Work	1 pm - 3 pm
March 23rd	Toddler Time	9:30 am - 11 am
	Federal Resume 101	1:30 pm - 2:30 pm
March 24th	Play Group	10 am - 12 pm
	Newcomers Orientation "Mountain Post Welcome for Spouses and Families"	10:30 am - 11:30 am
March 28th	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Center on Fathering	1 pm - 3 pm
	Child Support Walk-in's (El Paso County Representative)	1 pm - 4 pm
March 29th	IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief	10 am - 11 am
	The Seven Principles for Making Marriage Work	1 pm - 3 pm
	New Volunteer Orientation, VMIS and OPOC Training	1:30 pm - 3 pm
March 30th	Toddler Time	9:30 am - 11 am

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

Army Community Service Upcoming Classes

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DATE	CLASS	TIME
March 31st	Newcomers Orientation "Mountain Post Welcome for Spouses and Families"	10:30 am - 11:30 am
April 4th	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
	Center on Fathering	1 pm - 3 pm
	Child Support Walk-in's (El Paso County Representative)	1 pm - 4 pm
April 5th	IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief	10 am - 11 am
	The Seven Principles for Making Marriage Work	1 pm - 3 pm
April 6th	Toddler Time	9:30 am - 11 am
	Thrift Savings Plan (TSP) Class	1 pm - 2 pm
	LinkedIn Fundamentals	9:30 am - 10:30 am
	Short-and-Sweet IEP Overview	10 am - 12 pm
April 7th	Financial Milestone: Marriage	9:30 am - 10:30 am
	Child Abuse Prevention Month Kick-off	10 am - 1 pm
	Play Group	10 am - 12 pm
	Financial Milestone: Birth of First Child	1:30 pm - 2:30 pm
April 11th	Cooperative Parenting and Divorce Class	9 am - 1 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Baby Orientation	10 am - 11:30 am
	Center on Fathering	1 pm - 3 pm

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

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

Army Community Service

Portable Class Delivery



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

Do you need:

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

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

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MILITARY AND FAMILY LIFE COUNSELING

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

REACH OUT TODAY!



ALWAYS AT NO COST!
(719) 526-4590

Visit the MFLC webpage [HERE!](#)

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

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

Mountain Post Spouses' Club

Keep up to date with local events and deals with the

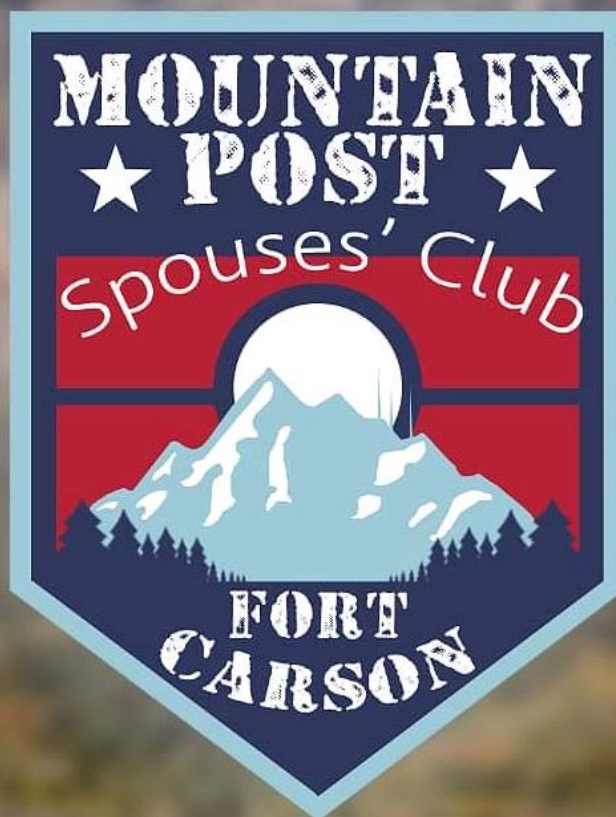


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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

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



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MPSC

Scholarships

2022-2023

Dedicated to Education

PURPOSE

THE MOUNTAIN POST SPOUSES' CLUB (MPSC) SCHOLARSHIP COMMITTEE FACILITATES AND AWARDS **MERIT-BASED SCHOLARSHIPS** FOR ELIGIBLE APPLICANTS IN THE COLORADO SPRINGS, COLORADO MILITARY COMMUNITY.

APPLICATIONS ARE NOW OPEN!

- GO TO WWW.MPSC.US
- CLICK ON "SCHOLARSHIPS" TAB
- COMPLETE APPLICATION AND EMAIL* TO OUR SCHOLARSHIPS CHAIRPERSON
- DEADLINE FOR APPLICATIONS: 30 MARCH 2023

WHO CAN APPLY?

HIGH SCHOOL SENIOR
SPOUSE UNDERGRADUATE
DEPENDENT UNDERGRADUATE
ADVANCED DEGREE (DEPENDENT OR SPOUSE)
CERTIFICATIONS (DEPENDENT OR SPOUSE)

ELIGIBILITY REQUIREMENTS

- THE APPLICANT MUST HAVE **AT LEAST ONE PARENT/SPONSOR ASSIGNED TO A COLORADO SPRINGS MILITARY INSTALLATION** OR, FOR RETIREES, **RESIDE IN THE FORT CARSON COMMUNITY** DURING THE SCHOOL YEAR.
- ENROLLED AS A **FULL-TIME STUDENT (OR PART-TIME, IF SPOUSE APPLICANT)** AS DEFINED BY THE COLLEGE OR UNIVERSITY DURING THE 2023 - 2024 SCHOOL YEAR.
- ACCEPTANCE OR EXPECTED ACCEPTANCE TO AN ACCREDITED INSTITUTION OF HIGHER EDUCATION



VISIT [HTTPS://WWW.MPSC.US/SCHOLARSHIPS](https://www.mpsc.us/scholarships)
QUESTIONS? EMAIL [SCHOLARSHIP@MPSC.US](mailto:scholarship@mpsc.us)



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Warriors Warehouse
5769 Wallace St Bldg 1045
Ft Carson, CO 80913

Redistribution Center, Inc
12681 W 49th Ave.
Wheat Ridge, CO 80033

402-659-8755 www.ftcarson.1045@gmail.com

303-263-9919

Facebook: Warriors Warehouse and the Redistribution Center, Inc.

Shopping Hours

Wednesday and Thursday 9AM to 12:30 PM

Hours subject to change without notice

The Redistribution Center, Inc./Warriors Warehouse is a redistribution center that supplies Active Duty Personnel and their families, E-5 and below with FREE household items once every 30 days. These items are new to like new. We reserve the right to limit quantities.

Referral Hours

Monday thru Thursday 9 AM to 1 PM

Hours subject to change without notice

The Redistribution Center, Inc./Warriors Warehouse provides food assistance, baby items to Active Duty Personnel; Veterans and their families on a REFERRAL basis. Referrals may come from Ft Carson Commands, ACS, The American Legion, Department of Veterans Affairs, AW2 Program, Mt Carmel, Marion House, and other agencies.

Donations

Monetary donations may be made through our website: www.redistributioncenter.org

Non Perishable items, New or gently used coats of all sizes, new toys may be donated to:

Redistribution Center, Inc
Ranya Kelly
303-263-9919

Warriors Warehouse
Donna Swanson
402-659-8755
Bldg 1045, Ft Carson

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FRIDAYS

~~Jan 13~~

~~Feb 10~~

~~Feb 24~~

~~Mar 10~~

Mar 24

OPEN TO ALL!



FOOD DISTRO

MOBILE FOOD PANTRY

OPENS AT 11AM
OR UNTIL SUPPLIES ARE DEPLETED

Norris Penrose Event Center Upper Lot - 1125 W. Moreno St.
Across From Mt. Carmel Veterans Service Center



VeteransCenter.org • 719-772-7000

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2023 DATES:

1st and 3rd
Thursdays:
~~3/2~~, 3/16



TIME:

11:00 am
until food
runs out

LOCATION: Sierra High School, 2250 Jet Wing Drive

Dates and times are subject to change. Visit ppunitedway.org for updates.

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FFC8 FOOD PANTRY

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

WHERE AND WHEN

Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.



School pantry days of operation follow the school calendar.

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We're Glad You're Here!

A Warm Meal Awaits You Inside!



Catholic
Charities
of Central Colorado



Food Resources

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

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

To learn more go to CCharitiesCC.org

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PANTRY@CCHARITIESCC.ORG

**NEED FOOD
ASSISTANCE?**

Register for the Marketplace



Catholic
Charities
of Central Colorado

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

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

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

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**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

Religious News and Services

Keep up to date with local events and deals with the



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2023 Spring Religious Days of Observance

Catholic Community	22 Feb (1445 & 1800)	Ash Wednesday Services	Soldiers Memorial Chapel
	22 Feb (1400)	Ash Wednesday Service	Healer Chapel (EACH)
	2 April (0900 & 1100)	Palm Sunday Mass	
	6 April (1800)	Holy Thursday Mass	
	7 April (1500)	Good Friday Celebration	
	8 April (2030)	Easter Vigil	Soldiers Memorial Chapel
	9 April (0900 & 1100)	Easter Mass	
	24 Feb—7 Apr (1800)	Friday Stations of the Cross and Soup	

Jewish Community

POC: CH (MAJ) Ruderman
719-339-8443

5 April (2000-2200)	Passover Seder	Family Life Center
22 March—21 April	Ramadan	No Location

Islamic Community

POC: SPC Mohammed Khodeir
951-497-8727

Fridays (1315)	Jum'ah Prayer Service	
Saturdays (after sunset)	Iftar (Breaking of Fast)	Provider Chapel
TBD (based on lunar cycle)	Eid-al-Fitr (End of Ramadan)	

Protestant Communities

9 April (1030)

22 Feb (1200)	Protestant Ash Wednesday Service	Provider Chapel
9 April (1030)	Protestant Easter Service	Iron Horse Park



For more information, please contact the Garrison Religious Support Office: 719-526-5279

Keep up to date with local events and deals with the



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Fort Carson Religious Services

Saturday

Agape (Contemporary)	Soldier Memorial Chapel	1800
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Sunday

Catholic Mass	Soldier Memorial Chapel	0900 and 1100
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Traditional Protestant	Healer Chapel (Evans Hospital)	0900
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Traditional Protestant	Provider Chapel	1100
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Gospel Service	Prussman Chapel	1000
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Samoan	Veterans Chapel	1100
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Tuesday

Jewish Studies	Veterans Chapel	1200
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Wednesday

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

Daily Catholic Mass	Soldier Memorial Chapel	1145
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Friday

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

Keep up to date with local events and deals with the



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scholarships

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

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

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

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

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

[Fisher House Foundation Scholarship Program](#)

[Scholarships for Military Dependents](#)

[Military Spouse Scholarships](#)

[Military Family Scholarships](#)

[Freedom Alliance](#)

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



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MG James Ursano
Scholarship
for Dependent Children



2023-2024 Academic Year
Application Available
from
1 January to 1 April 2023



<https://www.armyemergencyrelief.org/scholarships/>

Email: scholarships@aerhq.org

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Mrs. Patty Shinseki
Spouse Scholarship Program

Apply anytime!

Full Time or Part Time
undergraduate enrollment.

Funds may be used toward tuition, fees, books & supplies.



<https://www.armyemergencyrelief.org/scholarships/>

Email: scholarships@aerhq.org

Scholarship News and Information

Keep up to date with local events and deals with the



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**EACH YEAR, CTU AWARDS
50 FULL-TUITION SCHOLARSHIPS**
to service members, veterans,
their family and caregivers.
*Apply now to start your
educational journey.*

TO APPLY, VISIT
[COLORADOTECH.EDU/CTUPATRIOT](https://coloradotech.edu/CTUPatriot)

WHAT DOES THE CTU PATRIOT SCHOLARSHIP PROVIDE?

- ★ Full tuition to any CTU degree program
- ★ New laptop computer
- ★ All course books, in hard-copy or electronic format
- ★ Dedicated Student Success Coach and specially trained military education advisors
- ★ 24/7 technical support and tutoring available
- ★ Option to study online or at one of CTU's campuses

WHO'S ELIGIBLE?

- ★ Active-duty members or honorably discharged veterans of the U.S. Armed Forces (including Reserves and National Guard) with a service-connected disability
- ★ Spouses and unmarried dependent children of eligible U.S. service members
- ★ Caregivers/non-medical attendants of a service member with a service-connected disability

IMPORTANT DATES

- ★ March 1, 2023 – Application period opens
- ★ June 30, 2023 – Application period closes
- ★ November 10, 2023 – Recipients announced
- ★ January/February 2024 – Recipients begin courses



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MPSC Scholarships 2022-2023 Dedicated to Education

PURPOSE

THE MOUNTAIN POST SPOUSES' CLUB (MPSC) SCHOLARSHIP COMMITTEE FACILITATES AND AWARDS **MERIT-BASED SCHOLARSHIPS** FOR ELIGIBLE APPLICANTS IN THE COLORADO SPRINGS, COLORADO MILITARY COMMUNITY.

APPLICATIONS ARE NOW OPEN!

- GO TO WWW.MPSC.US
- CLICK ON "SCHOLARSHIPS" TAB
- COMPLETE APPLICATION AND EMAIL* TO OUR SCHOLARSHIPS CHAIRPERSON
- DEADLINE FOR APPLICATIONS: 30 MARCH 2023

WHO CAN APPLY?

HIGH SCHOOL SENIOR
SPOUSE UNDERGRADUATE
DEPENDENT UNDERGRADUATE
ADVANCED DEGREE (DEPENDENT OR SPOUSE)
CERTIFICATIONS (DEPENDENT OR SPOUSE)

ELIGIBILITY REQUIREMENTS

- THE APPLICANT MUST HAVE **AT LEAST ONE PARENT/SPONSOR ASSIGNED TO A COLORADO SPRINGS MILITARY INSTALLATION** OR, FOR RETIREES, **RESIDE IN THE FORT CARSON COMMUNITY** DURING THE SCHOOL YEAR.
- ENROLLED AS A **FULL-TIME STUDENT (OR PART-TIME, IF SPOUSE APPLICANT)** AS DEFINED BY THE COLLEGE OR UNIVERSITY DURING THE 2023 - 2024 SCHOOL YEAR.
- ACCEPTANCE OR EXPECTED ACCEPTANCE TO AN ACCREDITED INSTITUTION OF HIGHER EDUCATION



VISIT [HTTPS://WWW.MPSC.US/SCHOLARSHIPS](https://www.mpsc.us/scholarships)
QUESTIONS? EMAIL [SCHOLARSHIP@MPSC.US](mailto:scholarship@mpsc.us)



Better Opportunities For Single Soldiers

Keep up to date with local events and deals with the



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**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.**

Better Opportunities For Single Soldiers

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Volunteer for Family Night @ Soldier's Memorial Chapel 1600-2000	2 Study Board @ HUB 1600-1730	3 No DUI Program for 2-1 CAV Ball @ Antlers 2000-UTC	4
5	6	7 BOSS General Rep Meeting @ HUB 1500	8 Volunteer for Family Night @ Soldier's Memorial Chapel 1600-2000	9 Study Board @ HUB 1600-1730	10	11 8-ball Tournament @ BOSS Lounge 1400 – UTC
12	13	14 BOSS Senior Council Meeting @ Garrison HQ 1500	15 Volunteer for Family Night @ Soldier's Memorial Chapel 1600-2000	16 Study Board @ HUB 1600-1730 No DUI for DENTAC Ball @ Antlers 1900-2200	17 Wolf Creek Ski/Snowboard Learning/Lessons	18 Wolf Creek Ski/Snowboard Learning/Lessons
19 Wolf Creek Ski/Snowboard Learning/Lessons	20	21	22 Volunteer for Family Night @ Soldier's Memorial Chapel 1600-2000 Auto Skills Class @ Auto Craft Center 1700-1800	23 Study Board @ HUB 1600-1730	24	25 Volunteer @ Cheyenne Mountain Zoo 0900-1100
26	27	28	29	30 Study Board @ HUB 1600-1730	31	



Major BOSS Event

Quality of Life

Community Service

Life Skills

Recreation & Leisure

BOSS Lounge

6391 Chiles Ave

Bldg. 1511

Fort Carson, CO 80913

(719) 526-5347

Wed-Sat 1100 – 2100

Sun 1300 – 2000

BOSS Office

The HUB 6371 Specker Ave, Bldg. 1532

Fort Carson, CO 80913

(719) 526-5347

M-F 1000 – 1600

Keep up to date with local events and deals with the



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

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



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

Employee Assistance Program

Prevention

Risk Reduction

Suicide Prevention

Drug Testing / Collecting

Military Personnel, DOD Civilians and Retirees:

Contact ASAP at (719) 526-2727 or by email at

usarmy.carson.imcom-central.mbx.dhr-asap@army.mil

Fort Carson Army Substance Abuse Program

Keep up to date with local events and deals with the



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

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 minute 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

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

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COMMUNITY NEWSLETTER

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit nimh.nih.gov/findhelp.

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).



National Institute of Mental Health

nimh.nih.gov/findhelp

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



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Employee Assistance Program

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

Professional Services

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

Resources

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

For more information

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

Keep up to date with local events and deals with the



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Safe Exchange Location

Child Custody Exchange
Online Purchase Exchange



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

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

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



Keep up to date with local events and deals with the



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FORT CARSON

PRO DEO ET HUMANITATE

CARE

COMMITMENT

HEALTH AGENCY

DEPARTMENT OF DEFENSE

**VIRTUAL APPOINTMENTS
NOW AVAILABLE**

CALL 719-526-CARE (2273)

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

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

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

Fort Carson Family Homes

Keep up to date with local events and deals with the



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MARCH

FITNESS CENTERS OPEN MARCH 1ST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			National Peanut Butter Day After School Snack at 2:45pm	BINGO SIGNUP OPENS AT 8AM	3	4
5 Bowling Squads Opening At 8am	6 Happy Birthday	7 After School Snack 2:45pm Penny Pinch Street Band Harr	8 Treat Troopals	9 Teen Bus Stop	10 Bingo at 5pm	11 Bowling For Residents that Signed Up
12 2am Daylight Savings Clocks Move Forward	13 Happy Birthday	14 PI DAY Poetry Survival Kit Signup	15	16 ST. PATRICK'S DAY SURVIVAL KIT PICKUP	17 St. Patrick's Day	18
19	20 SPRING	21	22	23	24	25
	27	28 national something on a stick day	29	30	31	

For questions or concerns regarding FCFH Events Please contact The Events Manager JennyLee Hanlon at jhanlon@bbcgrp.com or (719)400-0707




Keep up to date with local events and deals with the



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Fitness Centers Will Be Open March 1st

The Community Center Titus

Location Hours:

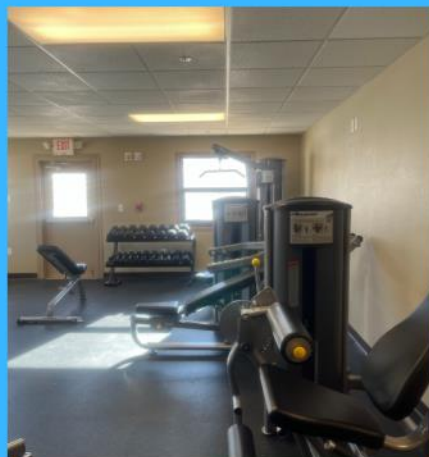
Mon, Tues, Wed and Fri

8am-5pm

Thursday

9am-5pm

Saturday and Sunday Closed



The Community Center
Prussman Location Hours:

Mon, Tues, Friday

8am-5pm

Wednesday

8am-7pm

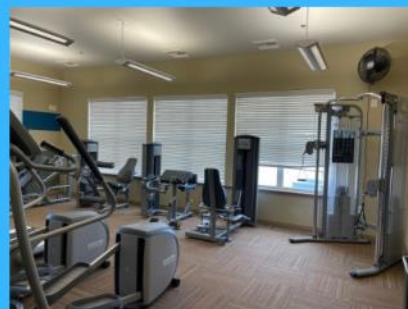
Thursday

9am-5pm

Saturday

10am-4pm

Sunday Closed



Fort Carson Family Homes

Keep up to date with local events and deals with the

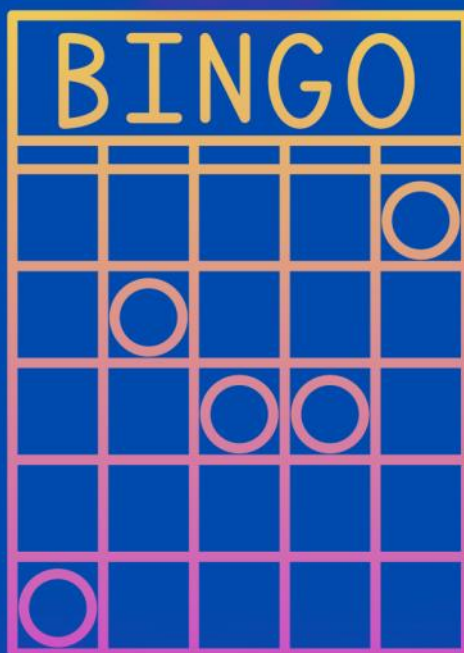


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FRIDAY MARCH 10TH AT
THE MAIN LEASING
OFFICE 6800 PRUSSMAN
BLVD

Family
Friendly

3 Games



Fun Prizes

3 Winners

BINGO AT 5PM

To sign up email jhanlon@bbcgrp.com

Keep up to date with local events and deals with the



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**COMMUNITY
NEWSLETTER**



THE FORT CARSON
FAMILY HOMES
CONFERENCE ROOM AND
PATIO AREA ARE NOW
OPEN FOR RENT FOR
RESIDENTIAL
GATHERINGS!

**Where: The Main Leasing Office 6800
Prussman Blvd**

RENTAL HOURS:

**MONDAY, TUESDAY, THURSDAY AND
FRIDAY FROM 9AM-5PM**

WEDNESDAY FROM 9AM-7PM

SATURDAY FROM 10AM-4PM

**Hours for Rental are subject to
change for FCFH Events**

**For more information, Rental Fee and Scheduling please
contact jhanlon@bbcgrp.com or (719)499-0707**

Fort Carson Family Homes

Keep up to date with local events and deals with the



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**COMMUNITY
NEWSLETTER**

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

PLUS

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



U.S. Army Child, Youth
or School Services

Commissary Privileges to ALL CYS staff

CURRENTLY HIRING

At \$16.70/hr to start

\$17.70/hr after 6 months

\$18.91/hr after 1 year

Scan Here



Questions? Call 719-526-1101

Keep up to date with local events and deals with the



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MCKIBBEN MADNESS



MCKIBBEN PHYSICAL FITNESS CENTER
JOIN US ON THE LAST SATURDAY OF EVERY MONTH
FOR THIS INSTRUCTOR'S CHOICE TOTAL BODY
WORKOUT. COURSE CONTENT CAN RANGE FROM
BOXING TO YOGA TO WEIGHT TRAINING. MCKIBBEN
MADNESS IS SURE TO CHALLENGE YOU AND
KICKSTART YOUR WEEKEND!



\$3



**FIRST CLASS FREE
Per class**

PUNCH CARDS AND MONTHLY
PASSES AVAILABLE



FOR MORE INFORMATION VISIT CARSON.ARMYMWR.COM



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



McKibben Physical Fitness Center
5785 Barkley Ave., Building 1160
Fort Carson, CO 80913

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Fort Carson FITNESS CLASS SCHEDULE

**2023
MARCH**

IVY

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

WAL

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

MCK

McKibben Fitness Center
BLDG 1160 | 719-526-2597

SCHEDULE KEY

GREEN: \$3 CLASS

BLUE: COMPLIMENTARY CLASS

RED: ACTIVE DUTY ONLY CLASS

MONDAY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	MCK
6:30 a.m.	P3T	IVY
6:45 a.m.	PT CYCLE	WAL/MCK
9:00 a.m.	CARDIO DANCE	IVY
11:45 a.m.	YOGA	MCK
5:45 p.m.	STRETCH & CORE	WAL
6:30 p.m.	ZUMBA	IVY

TUESDAY

TIME	CLASS	LOCATION
5:00 a.m.	TOTAL STRENGTH	MCK
6:45 a.m.	PT CYCLE	WAL/MCK
9:00 a.m.	H.I.I.T	IVY
10:00 a.m.	TRX	IVY
11:45 a.m.	EXPRESS CYCLE	MCK
12:15 p.m.	BARRE	WAL
5:45 p.m.	H.I.I.T	WAL
5:30 p.m.	FITNESS FURY	MCK

WEDNESDAY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	MCK
6:30 a.m.	P3T	IVY
6:45 a.m.	PT CYCLE	WAL/MCK
9:00 a.m.	CARDIO DANCE	IVY
10:00 a.m.	CORE BLAST	IVY
11:45 a.m.	YOGA	MCK
5:45 p.m.	BARBELL CLUB	WAL
6:30 p.m.	ZUMBA	IVY

THURSDAY

TIME	CLASS	LOCATION
5:00 a.m.	TOTAL STRENGTH	MCK
6:45 a.m.	BOOT CAMP	WAL
6:45 a.m.	PT CYCLE	MCK
9:00 a.m.	H.I.I.T	IVY
9:00 a.m.	BARRE	WAL
10:00 a.m.	TRX	IVY
11:45 a.m.	EXPRESS CYCLE	MCK
5:30 p.m.	FITNESS FURY	MCK

FRIDAY

TIME	CLASS	LOCATION
6:30 a.m.	TRX	IVY
6:30 a.m.	P3T	IVY
6:45 a.m.	PT CYCLE	WAL/MCK
9:00 a.m.	STRETCH & CORE	WAL
10:00 a.m.	TRX	IVY

SATURDAY

TIME	CLASS	LOCATION
6:30 a.m.	TRX	IVY
7:00 a.m.	MCKIBBEN MADNESS (MAR 25 ONLY)	MCK
8:00 a.m.	CYCLING	MCK
8:30 a.m.	LADIES LIFT (MAR 4 ONLY)	WAL
10:00 a.m.	TRX INTRO	IVY

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



More Events and Info at
carson.armymwr.com



CarsonDFMWR



@carsonmwr
#CarsonMWR



Fort Carson MWR

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COMMUNITY EVENT SUPPLY RENTALS

8 AM-7 PM



Table (Plastic) \$8.00/table
Table (Metal) \$8.00/table
Chairs \$1.00/chair
Stage Panel \$10/panel
Mobile Stage \$500/stage
Bleachers \$500/each

Beer Trough \$7.50/each
Black Tub \$7.50/each
Standing Heaters \$20.00 each
Fire pits \$20 each

Orange Cones \$2/cone
Speed Bumps \$5/barrier
(Covers for cords)
20 x 40 Canopy \$200/each
20 x 20 Canopy \$150/each
20 x 10 Canopy \$100/each
10 x 10 Canopy \$40/each

Reservations are made through
DFMWR Intramural Sports
Payment for equipment must be
made 3 days prior to rental period.
\$50 delivery fee for equipment
within 15-mile radius.
Includes delivery and setup.
No refunds will be issued

Questions? Call 719-526-7585/ 719 231-4939



More Events and Info at
carson.armymwr.com



Find us on Social Media
@CarsonDFMWR



@carsonmwr
#CarsonMWR



Intramural Sports Office
6550 Specker Ave. Building 1829
Fort Carson, CO 80913

Fort Carson MWR

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Fort Carson FITNESS CLASS DESCRIPTIONS

Fort Carson MWR

BARBELL CLUB- A strength class that has participants move through exercises such as squats, lunges, chest, and overhead presses. Intensity is participant driven with the goal of building strength and eventually competing against other clubs.

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

BOOTCAMP- Strength and cardio full body work-out 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 available on site. (75 min)

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 to build a strong midsection. (60 Min)

EXPRESS CYCLE- Get your cardio in quick with this high energy, low impact cycling workout while still having time to 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. - A 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)

LADIES LIFT- This class is geared toward helping women learn and refine form in a total body weight-room workout utilizing dumbbells, barbells, cables, and machines. Classes will rotate throughout each fitness center allowing participants to become familiar with each location. Classes are held on the first Saturday of each month.

McKIBBEN MADNESS- This is an instructor's choice total body workout class. Classes can range from boxing to yoga to weight training. McKibben Madness will kickstart your weekend and is held on the last Saturday of each month.

P3T- Active Duty only (90 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- A 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- Get your workout over with before work with this total body strength training workout utilizing dumbbells, resistant bands and kettlebells.

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

YOGA- Looking for stress and pain reduction while you improve your overall health and fitness? Increase your strength, balance, and flexibility. All fitness levels welcome. (45 Min.)

Keep up to date with local events and deals with the



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\$3

Per class
PUNCH CARDS AND MONTHLY
PASSES AVAILABLE.



BOXING



CLASS

TRAIN LIKE A PRO!

THIS TRADITIONAL STYLE BOXING CLASS
CONSISTS OF CALISTHENICS, INTERVAL TRAINING
AND BODYWEIGHT EXERCISES



FREE ACTIVE DUTY PT CLASSES



SLOTS AVAILABLE BASED ON INSTRUCTOR AVAILABILITY



More Events and Info at
carson.armymwr.com



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McKibben Physical Fitness Center
5785 Barkeley Ave., Building 1160
Fort Carson, CO 80913

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FITNESS FURY

MCKIBBEN PHYSICAL FITNESS CENTER



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



\$3

Per class

PUNCH CARDS AND MONTHLY
PASSES AVAILABLE



FOR MORE INFORMATION VISIT CARSON.ARMYMWR.COM



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McKibben Physical Fitness Center
5785 Barkley Ave., Building 1160
Fort Carson, CO 80913

Fort Carson MWR

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January 7
8:30-9:30 a.m.

\$3 per class
First Class Free

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

WALLER FITNESS CENTER

LADIES LIFT



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

Keep up to date with local events and deals with the



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Get On The BUS

SKI & SNOWBOARD TRIPS

Monarch Dates:

~~12/24, 1/7, 1/21, 1/28, 2/4, 2/18, 2/25,
3/4, 3/11, 3/25, 4/1~~

Loveland Dates:

~~12/17~~

Transportation, rental package and lift ticket: \$115

Transportation and rental: \$75

Transportation and lift ticket: \$100

Transportation only: \$40

Lessons @ Monarch: \$45

Breckenridge Dates:

~~1/10, 2/25, 3/11, 4/8~~

Transportation and rental: \$65

Transportation only: \$45

Call for Details or to sign up:
719-526-5176

Trip details are subject to change



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**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



Fort Carson MWR



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

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Fort Carson MWR



This is a Clue **TRIVIA**

WEDNESDAYS 6:30PM

Starting October 12

Free. Fun. Prizes.

 **thisisacluetrvia**  **thisisacue**

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NOW OPEN

Hours of Operation

Monday - Friday 1100 - 1900

Saturday 1100 - 1800

Sunday 1100 - 1700

Located in the Main Exchange Food Court



EXCHANGE

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At Barber DME
our cranial prostheses will have you running your hands through your hair.

A cranial prosthesis — sometimes called a hair prosthesis — is a wig that is specifically designed for a patient who has lost his or her hair due to a medical condition like cancer and its associated chemotherapy treatment. The hair loss requiring the need for a hair prosthesis can be either long-term or permanent, and the prosthesis can provide either full or partial coverage. A cranial prosthesis offers patients who've lost their hair a high-quality, comfortable hair replacement option that is usually covered by insurance.

Visit us, so we can serve you!
For locations and more information please visit us at: bdmesupply.com

 **Barber DME**
Supply Group

 **EXCHANGE**

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EASTER

Skateboarding Peeps

Open to
KIDS of ALL ages!



Show off your creativity
with a Skateboarding Peeps creation
While supplies last

APRIL IS THE MONTH OF THE
MILITARY CHILD

Skateboarding Peeps Event

WHERE: Ft. Carson Main Exchange
DATE: Saturday April 1, 2023
TIME: 1100



EXCHANGE

You save, we give back.

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KINGDOM BUILDER'S FAMILY LIFE CENTER

presents

Our Monthly Cake & Conversation A PURPLE AND TEAL

DOMESTIC VIOLENCE *and* SEXUAL ASSAULT

"LET'S TALK ABOUT IT"

WEDNESDAY, MARCH 15,
2023 FROM 11-1PM



411
LAKEWOOD
CIRCLE
#C201,
COLORADO
SPRINGS, CO
80910
WE ARE
LOCATED
INSIDE THE
SATELLITE
HOTEL 2ND
FLOOR
CWING



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DONATE BLOOD



SAVE A LIFE



4SFAB Blood Drive / O-Low Titer Program

21-23 MARCH 2023 from 0900-1500hrs

VENUE: BLDG 1049, Barkley Ave

Directly Across from McKibben Gym



Organizer: CPT Fuss, Nicole M. (BDE RN)

Tel: 931-542-8772, nicole.m.fuss2.mil@army.mil

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Fort Carson Retiree Council Information Update

To provide updates from Partner Agencies and
featured guest speakers.

ALL Military Retirees / Family Members /
Surviving Spouses welcome.

Donuts and Coffee will be provided!

TUESDAY, 21 March 2023 at 9AM



Mt. Carmel Veterans Service Center
530 Communication Circle, Colorado Springs, CO
80905

RSVP: 719 338-3972 / nicky.colorado@gmail.com
or 719 433-3881 / scott.leeling@gmail.com

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ARCHERY SCHOOL OF THE ROCKIES PRESENTS

**LEARN
TO
SHOOT**

+

**LEARN
TO SHOOT
BETTER**



FREE!

for Active-Duty Service
Members and Veterans

Equipment provided!



Archery School of the Rockies is offering FREE archery clinics beginning Friday, March 3. The four-week monthly clinics continue through September. Register ahead of time and mention Mt. Carmel. 719-ARCHERY; open to active-duty service members and Veterans.

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

[Click HERE!](#)



DID YOU KNOW?

**WE ARE ON
INSTAGRAM**

Follow us @cpcdhs



CPCD

giving children a head start

SUCCESS STARTS EARLY
EL ÉXITO COMIENZA TEMPRANO



**FREE
TUITION
PRESCHOOL**
PREESCOLAR GRATUITO



**FOR AGES
BIRTH TO 5**

**PARA EDADES
DE NACIMIENTO
A 5 AÑOS**



CPCDHEADSTART.ORG
719.635.1536

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VA



U.S. Department
of Veterans Affairs

News Release

Office of Public Affairs
Media Relations

Washington, DC 20420
(202) 461-7600
www.va.gov

FOR IMMEDIATE RELEASE
Jan. 13, 2023

Starting Jan. 17, Veterans in suicidal crisis can go to any VA or non-VA health care facility for free emergency health care

WASHINGTON – Starting Jan. 17, Veterans in acute suicidal crisis will be able to go to any VA or non-VA health care facility for emergency health care at no cost – including inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. Veterans do not need to be enrolled in the VA system to use this benefit.

This expansion of care will help prevent Veteran suicide by guaranteeing no cost, world-class care to Veterans in times of crisis. It will also increase access to acute suicide care for up to 9 million Veterans who are not currently enrolled in VA.

Preventing Veteran suicide is VA's top clinical priority and a top priority of the Biden-Harris Administration. This effort is a key part of VA's 10-year [National Strategy for Preventing Veteran Suicide](#) and the Biden-Harris administration's plan for [Reducing Military and Veteran Suicide](#). In September, VA released the [2022 National Veteran Suicide Prevention Annual Report](#), which showed that Veteran suicides decreased in 2020 for the second year in a row, and that fewer Veterans died by suicide in 2020 than in any year since 2006.

"Veterans in suicidal crisis can now receive the free, world-class emergency health care they deserve – no matter where they need it, when they need it, or whether they're enrolled in VA care," said VA Secretary for Veterans Affairs Denis McDonough. "This expansion of care will save Veterans' lives, and there's nothing more important than that."

VA has submitted an [interim final rule](#) to the federal register to establish this authority [under section 201 of the Veterans Comprehensive Prevention, Access to Care, and Treatment \(COMPACT\) Act of 2020](#). The final policy, which takes effect on Jan. 17, will allow VA to:

- Provide, pay for, or reimburse for treatment of eligible individuals' emergency suicide care, transportation costs, and follow-up care at a VA or non-VA facility for up to 30 days of inpatient care and 90 days of outpatient care.
- Make appropriate referrals for care following the period of emergency suicide care.
- Determine eligibility for other VA services and benefits.
- Refer eligible individuals for appropriate VA programs and benefits following the period of emergency suicide care.

Eligible individuals, regardless of VA enrollment status, are:

- Veterans who were discharged or released from active duty after more than 24 months of active service under conditions other than dishonorable.
- Former members of the armed forces, including reserve service members, who served more than 100 days under a combat exclusion or in support of a contingency operation either directly or by operating an unmanned aerial vehicle from another location who were discharged under conditions other than dishonorable.
- Former members of the armed forces who were the victim of a physical assault of a sexual nature, a battery of a sexual nature, or sexual harassment while serving in the armed forces.

Over the past year, VA has announced or continued several additional efforts to end Veteran suicide, including [establishing 988 \(then press 1\) as a way for Veterans to quickly connect with caring, qualified crisis support 24/7](#); proposing a new rule that would [reduce or eliminate copayments](#) for Veterans at risk of suicide; conducting an ongoing public outreach effort on [firearm suicide prevention and lethal means safety](#); and leveraging a [national Veteran suicide prevention awareness campaign](#), "Don't Wait. Reach Out."

###

Reporters covering this issue can download [VA's Safe Messaging Best Practices](#) fact sheet or visit ReportingOnSuicide.org for important guidance on how to communicate about suicide.

If you're a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don't have to be enrolled in VA benefits or health care to connect. To reach responders, Dial 988 then Press 1, chat online at VeteransCrisisLine.net/Chat, or text 838255.

Fort Carson and the Surrounding Community



Colorado

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					3	4
5	6			9	10	11
						18
19				23		
26		28	29	30		

Dr Seuss Day

Thurs 3/2

Womens Day

Wed 3/8

Time Change

Sun 3/12

St Patricks Day

Rocks

3/13-3/17

Coffee Connections

Fri 3/17

Happy Spring!

Mon 3/20

Teddy Bear Club

Tues 3/21

Family Game Night

Fri 3/24

Dominos

Fri 3/31

Fueling The Forces

Lunch

Wednesdays 1130

Texas Roadhouse

3/27

Keep up to date with local events and deals with the



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

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

JOIN OUR FUN TEAM OF ARTS AND CRAFTS CONSIGNERS!



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

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

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



TUMBLEWEEDS
AT THE MOUNTAIN POST



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

1510 Chiles Ave Fort Carson, Colorado

LOCATED ACROSS FROM DOMINOS IN THE MINI MALL.

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TUMBLEWEEDS
AT THE MOUNTAIN POST

MARCH CLASSES



Tumbleweeds at the mountain post has been offering paint & craft classes since 2012!

ALL CLASSES CAN BE OFFERED AS PARTIES TO FIT YOUR NEEDS/SCHEDULE

PAINT ON POST



Paint on Post
March 10th 6-8 PM
\$15/Person Ages 15+

KIDS CAN CRAFT



EVERY FRIDAY THIS MONTH!
ONLY \$5/ hour any age

SEW A TOTE



Tuesday Mar. 14th
\$10 bring your own materials
\$20 if store provides
Need to bring a sewing machine
or rent one for \$5 (3 available)

SEW A TOTE



Tuesday Mar. 21st
\$10 bring your own materials
\$20 if store provides
Need to bring a sewing machine
or rent one for \$5 (3 available)

KIDS CAN PAINT



Kids Can Paint
March 18th 1-3 PM
\$10 per person for ages 7+

HANGER ORGANIZER

In place of embroidery, choice of third pocket or Velcro strips (for name tape storage) will be available options



March 28th & 30th 1-2:30 PM
Need to bring a sewing machine
or rent one for \$5 (3 available)
\$5 per person for ages 7+

PLEASE CALL, MESSAGE OR EMAIL TO PRE-REGISTER/PREPAY FOR ALL CLASSES

CALL, EMAIL OR MESSAGE US WITH QUESTIONS
LOCATED IN THE ADMINI DOORS NEAR DOMINOS
1510 CHILES AVE FORT CARSON, CO
719-393-3734

NEW HOURS!
Closed Mondays
Tues 11-3
Wed 11-3
Thurs 11-3
Fri 11-5
Sat 10-3

TUMBLEWEEDS IS A GREAT RESOURCE FOR
MILITARY, SPOUSES AND RETIREES TO COME
TOGETHER TO GET CRAFTY, VOLUNTEER,
CONSIGN AND SHOP!

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TUMBLEWEEDS
AT THE MOUNTAIN POST



COME PARTY WITH US!

Tumbleweeds at the Mountain Post is your on-base place to craft and party! We offer monthly classes as well as private parties for any skill level!



Kid/Adult Classes
Birthday Parties
SFRG Events
Just Because



**CANVAS PAINTING - SIGN MAKING - SEWING CLASSES
LOOM CLASSES - JEWELRY MAKING - AND MORE!**

Whatever your occasion, we would love to host a special creative event for you!

CALL US AT 719-393-3734 OR EMAIL/FACEBOOK MESSAGE US!

1510 CHILES AVE FORT CARSON, CO

LOCATED INSIDE THE ADMINISTRATION DOORS BY DOMINOS

Email: tumbleweedsatthemountainpost@gmail.com

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Artist/Painter Needed

Do you want to craft in a fun, exciting space with other military families?

Tumbleweeds at the Mountain Post is looking for someone who has a creative side and is interested in volunteering every month to teach painting classes to children and adults of all ages.



If this sounds like something you would be interested in call or message us today!

CALL US AT 719-393-3734 OR VISITS ON FACEBOOK AND INSTAGRAM

1510 CHILES AVE FORT CARSON, COLORADO

LOCATED IN THE ADMINISTRATIVE DOORS NEAR DOMINOS AT THE
OPPOSITE END OF THE CLASS 6.

TUMBLEWEEDS
AT THE MOUNTAIN POST

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Tumbleweeds' Scholarship Committee facilitates and awards merit-based scholarships for eligible applicants in the Colorado Springs, Colorado military community.

Currently accepting donations for the 2023-2024 School year.





MILITARY ONESOURCE

April 25, 2022, 6:00 p.m. | 4 minute read | 35,395 views

OurRelationship – Flexible Online Support for Military Couples

Many couples have times when their relationship could use some help. But not every couple needs the same kind of help, or in the same way. OurRelationship is a flexible, online, evidence-based tool that gives military couples the choice to work on their own or with a coach to strengthen their relationship. It is tailored to the military community and free for active-duty, Guard and reserve couples.

[Check out OurRelationship](#)

How OurRelationship works

OurRelationship consists of online activities to solve relationship problems. Couples can choose which issues to focus on, including these common ones:

- Communication and conflict
- Emotional distance and love
- Trust

Couples can complete the online activities together or separately, making it ideal for those separated because of deployment or other reasons.

Coaching option

Couples who choose the OurRelationships coaching option are more likely to complete the program and get more out of it. Their online activities are reinforced with phone or video calls with a coach. This option:

- Includes five weekly 20-minute calls with a coach who helps you tailor the online program and activities to meet your needs.

Permalink: <https://www.militaryonesource.mil/relationships/married-domestic-partner/ourrelationship-military-couple-support/>

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- Can be completed on your schedule, days, evenings or weekends.
- Allows participants to select their coach. They can [learn about the coaches](#) by browsing the OurRelationships website. Some coaches have a military background.

Self-guided option

Couples who choose the self-guided option complete the online activities without outside support. The self-guided option:

- Is good for highly-motivated couples.
- Encourages structured conversations and includes tasks to complete outside of the reading material and video content.
- Includes feedback tailored to the couple's responses.

Both the self-guided and coaching options take four to six weeks to complete.

Who can benefit from OurRelationship

OurRelationship is one of the [several relationship resources](#) Military OneSource offers for free. The OurRelationship program is most helpful for couples who:

- Are highly motivated and want to improve their relationship on their own.
- Have only a few areas in their relationship they would like to improve.
- Want to give their relationship a boost in a shorter timeframe.
- Want a little additional support without the full commitment of a therapist or don't want another person involved in helping them strengthen their relationship.
- Need the flexibility of completing the program either separate from each other or outside of standard business hours.

The program requires a lot of reading, so is not recommended for those with difficulty in that area. It also requires access to technology, including internet.

More relationship support from Military OneSource

Service members and military couples have access to a range of relationship support resources designed to meet different needs. Learn about the many ways Military OneSource and the service branches support couples on the [Re The We](#) webpage. You'll find resources, such as:

- [Non-medical counseling](#) from your installation's [Military and Family Life Counseling Program](#) or Military OneSource. Non-medical counseling is available in person, via online chat, by phone or video.

<https://www.militaryonesource.mil/relationships/married-domestic-partner/ourrelationship-military-couple-support/>

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DEPARTMENT OF THE ARMY
OFFICE OF THE STAFF JUDGE ADVOCATE
1633 MEKONG STREET, BUILDING 6222
FORT CARSON, COLORADO 80913-4303

December 21, 2022

SUBJECT: 2023 Fort Carson Tax Services

Dear 4ID and Fort Carson Community,

In the past, the Office of the Staff Judge Advocate (OSJA) at Fort Carson has participated in the Internal Revenue Service's Voluntary Income Tax Assistance (VITA) Program to provide tax preparation services. In recent years, many additional practice areas have been added to our Legal Assistance attorneys' portfolio, including assisting victims of domestic violence, advocating for tenants in privatized housing, and explaining legal rights with regards to special education. **Effective October 5, 2022, a decision was made by the Department of the Army for Legal Assistance offices to cease assistance with tax preparation. As a result, the Fort Carson Legal Assistance Office will no longer provide tax preparation services to otherwise eligible persons. We are authorized by regulation and will continue to provide tax preparation services to Gold Star Families.** This decision was not made lightly, and we are sincerely sorry for any inconvenience. Providing top of the line legal advice and services to our clients is our highest priority.

Moving forward, Soldiers, Families, and retirees can find tax preparation assistance through Military One Source (MilTax) or through the Internal Revenue Service at <https://irs.treasury.gov/freetaxprep/>. Although tax preparation services will no longer be offered by the Fort Carson Legal Assistance Office, our attorneys remain available to help guide clients in the right direction.

We will be offering a tax brief every Friday at 1300 beginning on January 6, 2023 and ending on April 14, 2023 (the Friday before Tax Day). This brief will cover the most frequently asked questions surrounding income taxes and provide attendees a next step in the tax preparation process.

We appreciate your support as we work with our attorneys to steward a new generation of Legal Assistance services and tax support to our clients.

The Point of Contact for this memorandum is CPT Wesley Brown at (719) 526-5572.

Very Respectfully,

Wesley Brown
Captain, U.S. Army
Tax Services Officer in Charge

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FORT CARSON LEGAL INFO PAPER

TAX PREPARATION

FEDERAL AND STATE



WHO SHOULD FILE TAXES?

U.S. citizens and permanent residents who work in the United States must file a tax return if they make more than the filing requirement amount (see Table 1 below).

Table 1. Filing Requirements Chart (via IRS Publication 501)

IF your filing status is...	AND at the end of 2022 you were...	THEN file a return if your gross income was at least...
single	under 65	\$12,950
	65 or older	\$14,700
head of household	under 65	\$19,400
	65 or older	\$21,150
married filing jointly***	under 65 (both spouses)	\$25,900
	65 or older (one spouse)	\$27,300
	65 or older (both spouses)	\$28,700
married filing separately	any age	\$5
qualifying surviving spouse	under 65	\$25,900
	65 or older	\$27,300

WHO CAN I CLAIM AS A DEPENDENT?

There are two types of dependents: qualifying children and qualifying relatives. Qualifying children are explained below. A qualifying relative is a relative that is a U.S. citizen, U.S. national, U.S. resident, or a resident of Canada or Mexico for whom you provide more than half of their financial support. A qualifying relative could include your parents, stepparents, grandparents, nieces and nephews, in-laws and any other blood ancestor who does not reside with you. Other more distant relatives may still qualify if they live with you for the entire tax year.

IS THERE AN AGE LIMIT ON CLAIMING MY CHILD AS A DEPENDENT?

To claim your child as your dependent, your child must meet either the qualifying child test or the qualifying relative test. To meet the qualifying child test, your child must be younger than you and either younger than 19 years old or be a "student" younger than 24 years old as of the end of the calendar year. There is no age limit if your child is "permanently and totally disabled" or meets the qualifying relative test.

HOW CAN I REDUCE MY TAX BILL?

The tax code provides several ways to control your tax bill through deductions and credits. Tax deductions allow you to reduce your taxable income, and tax credits allow you to directly reduce your tax liability. When you make income from a job, you can often reduce your taxable income by contributing to an employer-sponsored retirement plan or your own individual retirement account (IRA). You may also have a high deductible health plan through your employer with access to a health savings account (HSA) or flexible spending account (FSA). All these accounts allow you to contribute pretax dollars to invest or hold in cash for saving or for certain expenses. As a result, these contributions lower your taxable income and save you money on your tax bill. If you have dependents, you may qualify for the child tax credit.

WHAT KIND OF DEDUCTIONS DO I QUALIFY FOR?

Almost everyone qualifies for the standard deduction or itemized deductions that reduce your taxable income. These are often the largest deductions available to you. As an employee, you can deduct contributions made to IRAs, HSAs and FSAs when preparing your Form 1040. For employees, contributions made to your 401(k) or other employer sponsored retirement plan during the year will not need to be deducted on your tax return. Instead, these dollars have already been taken out of your wages as shown on your Form W-2. Further, you can deduct student loan interest if you meet certain income criteria as well as home mortgage interest, state and local taxes and more. If you work a side job, as an independent contractor, or own a small business, you can deduct a lot of the costs related to running and maintaining your business. You have access to deductions for your home office, self-employment taxes, supplies, equipment, depreciation, health and business insurance, utilities and much more.

**SHOULD I CLAIM THE STANDARD DEDUCTION OR ITEMIZE?**

For most people, the standard deduction will save you more money on your tax bill. The standard deduction amount is subject to change every year. You should check every year to determine the standard deduction amount. If you believe that your itemized deduction will save you more than the amounts listed above, calculate them, and compare to determine which decision is right for you.

WHAT IS BETTER: A TAX CREDIT OR A TAX DEDUCTION?

All things being equal, a tax credit is often preferable to a tax deduction. Tax credits reduce your tax liability dollar for dollar while tax deductions lower your taxable income. For example, if you prepare your taxes and have a total tax bill of \$10,000, a \$1,000 tax credit would reduce your bill by \$1,000. If you had a \$1,000 tax deduction and earned \$50,000 in taxable income, your income tax liability wouldn't decrease by \$1,000. Instead, your taxable income would now be \$49,000. Depending on your tax bracket, that means you would save anywhere from \$0 to \$370 as compared to \$1,000 from a tax credit.

WHERE CAN I GO FOR FREE HELP?

Fort Carson does not have a Tax Center this year. For tax preparation help, use one of the civilian resources below:

IRS VITA Program: <https://irs.treasury.gov/freetaxprep/>

MilTax: <https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/>

WHAT TO BRING WITH YOU TO YOUR CIVILIAN TAX PREPARATION APPOINTMENT:

- ☐ Photo identification (or another valid form of identification)
- ☐ The Social Security cards for all people included on the tax return
 - ☐ An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for your spouse or dependents if you do not have a Social Security number
 - ☐ Proof of foreign status (if applying for an ITIN)
- ☐ Birth dates for you, your spouse and all people included on the tax return
- ☐ A copy of last year's federal and state tax returns (if available)
- ☐ Proof of bank account routing and account numbers for direct deposit such as a blank check
- ☐ **Military personnel should have:**
 - ☐ W-2 (found on mypay.dfas.mil)
 - ☐ 1095 (found on mypay.dfas.mil)
 - ☐ 1099INT (found on mypay.dfas.mil) (If you earned more than \$10 in interest for the year)
- ☐ **You may need:**
 - ☐ 1099-MISC
 - ☐ 1099-G (Most commonly unemployment)
 - ☐ 1099-K (If you earned more than \$20,000 from a service like Uber or Lyft)
 - ☐ 1099-DIV (If you earned money from dividends and distributions)
 - ☐ 1098-T (If you paid college tuition expenses)
 - ☐ 1098 (If you paid \$600 or more in mortgage interest)
 - ☐ 1095-(A, B, and C) (If you receive health insurance from the marketplace)
 - ☐ Total amount paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number

This is an informative handout from the Fort Carson Legal Assistance Office containing general information on a topic that legal assistance attorneys frequently advise on. Information provided is general in nature and does not constitute legal advice. Consult an attorney for specific legal advice for your particular situation.

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MILTAX: FREE SOFTWARE & SUPPORT



Account for the complexities of MilLife with free tax software and one-on-one help from military tax experts.

\$0. No, Really. MilTax is Like No Other.

Military life can make for tricky taxes. To help, the Defense Department offers MilTax software through Military OneSource. It's built to account for deployments, combat and training pay, housing and rentals, multistate filings, living OCONUS and more.

Log in to Military OneSource to Access MilTax Software

LOG IN TO START

Don't have an account? [Create one.](#)

Or [get help accessing MilTax.](#)

Connect With Military Tax Consultants

If you have questions, enlist free one-on-one help from MilTax experts: tax pros with special training in military-specific tax situations. Call or chat anytime 24/7 to schedule a consultation, or get in person support at a Volunteer Income Tax Support Assistance office location.

VITA support may also be available elsewhere in your state but is not available in every state or location.

Talk to a Tax Pro

Call to schedule a consultation

CALL 800-342-9647

[OCONUS calling options](#)

Chat to schedule a consultation

CHAT NOW

Find a VITA location near you

FIND IT

[CLICK HERE TO GO TO MILITARY ONESOURCE MILTAX WEBPAGE](#)

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TAX PREP



**FREE PERSONAL INCOME TAX
PREPARATION ASSISTANCE
FOR VETERANS AND MILITARY MEMBERS**

BY APPOINTMENT ONLY - Call 719-772-7000

AARP Foundation

AARP Foundation volunteers are back to help
Military and Veterans prepare taxes for free.
Call 719-772-7000 to schedule an appointment.
February 1-April 12.

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SURVIVING THE STORM

SUICIDE LOSS GRIEF SUPPORT GROUPS

GROUP BY AGE

.....➔ **ADULT GRIEF GROUP**

Tuesdays 6-7:30pm

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

.....➔ **TEEN GRIEF GROUP**

Wednesdays 6-7:30pm

.....➔ **KIDS GRIEF GROUP**

Fridays 6-7pm

.....➔ **HEARTBEAT SUICIDE LOSS SURVIVOR GROUP**

Fridays 6-7pm

*This is an adult suicide loss grief group

All groups
are
FREE

Snacks
and drinks
provided

Registration
required



www.pikespeaksuicideprevention.org

info@pikespeaksuicideprevention.org



CONTACT US

719-573-7447

704 N Tejon St

Colorado Springs, CO, 80903

Keep up to date with local events and deals with the



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Be Herd Wellness Group

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



Colorado
Springs



The 2nd Wednesday of every month.
Open to anyone 18+ living with a mental health condition.

4:30 - 6:00 p.m.

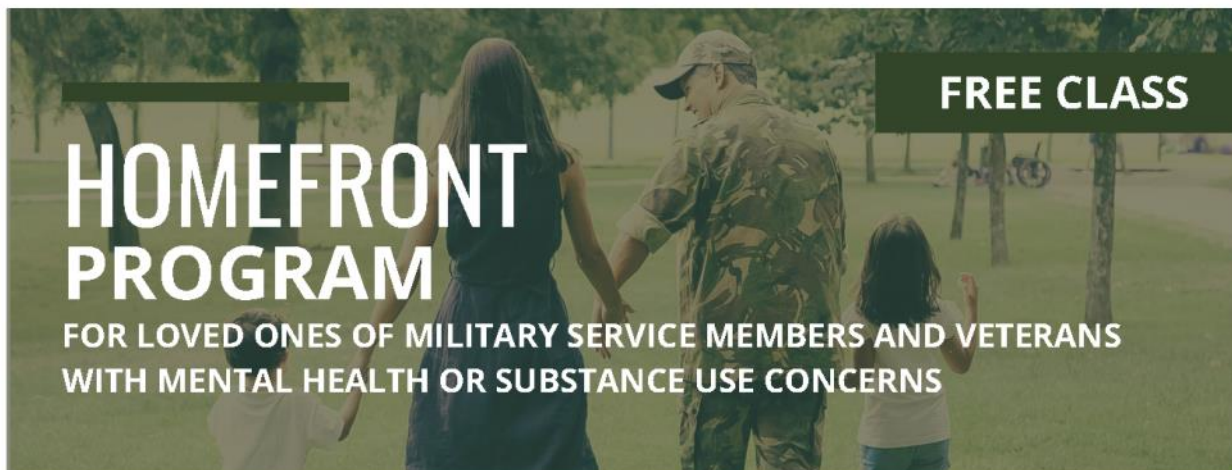
StableStrides at Norris Penrose Events Center
1035 Lower Gold Camp Rd.
(Meeting in the office)

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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.

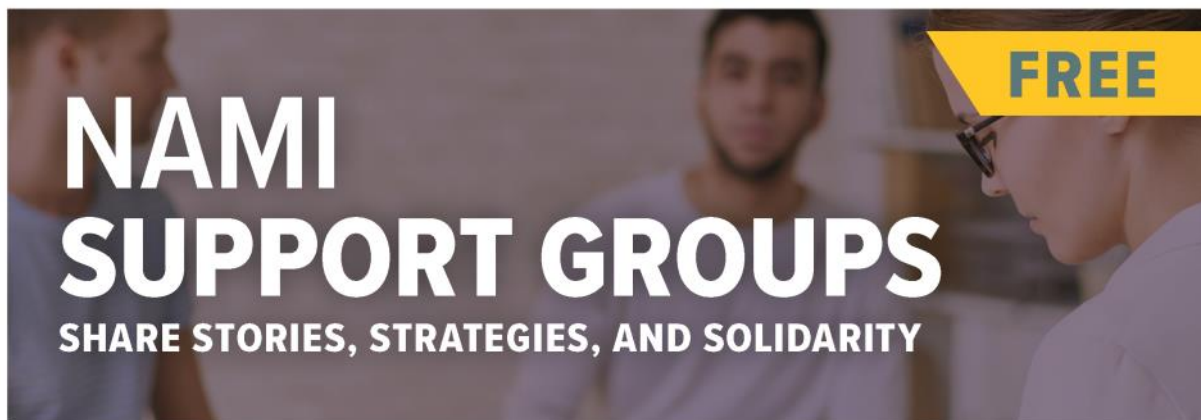


Scan the QR code to learn more

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NAMI SUPPORT GROUPS

SHARE STORIES, STRATEGIES, AND SOLIDARITY

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

BASICS SUPPORT GROUP

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

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

CONNECTION SUPPORT GROUP

For adults experiencing mental illness

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

FAMILY SUPPORT GROUP

For family members of adults experiencing mental illness

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

In-person group participants must pre-register: Call 719.473.8477 or email office@namicos.org 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.

Fort Carson and the Surrounding Community

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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



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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
Building Brighter Childhoods

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



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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