

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



18 January 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.



Image Reference: SPC McKinney, Marcus. "SpC. "Last 15BCT welcome home ceremony"; Fort Carson Mountaineer, <https://www.fortcarsonmountaineer.com/2019/02/last-15bct-welcome-home-ceremony/>, Accessed 08 April 2022.

January 23, 2023, 9am - 5pm
William Reed Special Events Center (SEC)
6550 Specker Avenue, BLDG 1829

Whether it's staying at Fort Carson or transitioning (PCS, ETS, Retirement), Soldiers and Families can use this opportunity to become familiar with local support agencies and prepare for their next step after redeployment.



No Fort Carson/ Army Endorsement Implied

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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](#)
- [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](#)
- [Hotlinks](#)
- [Morale, Welfare, & Recreation](#)
- [Mountain Post Spouses' Club](#)
- [Religious News & Services](#)
- [Safe Exchange Location](#)
- [Scholarship News](#)
- [Suicide Prevention](#)
- [Tax Information](#)

Give us a call at (719) 526-4590
Visit our webpage at: carson.armymwr.com/ACS

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Community Events Bulletin

Health expo

A Mountain Post Recreation Health Expo takes place Feb. 4 from 10 a.m. to 2 p.m. The event includes health, wellness and recreation vendors. For more information, go to @carsonmwr.

Digital Garrison app

For the latest updates on closures and facility hours, 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.

Fort Carson Tax Center update

In the past, the Office of the Staff Judge Advocate (OSJA) at Fort Carson has offered tax preparation services. Effective Oct. 5, a decision was made by the Department of the Army requiring 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 or a Tax Center. Tax preparation services will, however, be available to Gold Star Families.

To lighten the impact of this, the Fort Carson Legal Assistance Office will provide eligible clients a weekly tax brief and other helpful resources.

The income tax brief will be offered at building 6222 every Friday at 1 p.m. beginning Jan. 6 and ending April 14, the Friday before Tax Day. The brief will cover the most frequently asked questions surrounding income taxes and provide attendees a next step in the tax preparation process. All attendees will also receive an income tax legal information paper, which will detail various topics in income tax law. The Legal Assistance Office will also provide resources for locating free civilian tax preparation services.

DEERS hours change

Effective Jan. 16, due to limited staff, new hours for the Defense Enrollment Eligibility Report System (DEERS) office are 7:30 a.m. to 3 p.m. Monday, Tuesday, Wednesday and Friday and 8:30 a.m. to 3 p.m. Thursday. The office will be closed for lunch from 11 a.m. to noon. Due to staff shortages wait times will be longer than normal. Appointments are encouraged by using <https://idco.dmdc.osd.mil/idco/>.

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Army Volunteer Corps - Did You Know?!

TYPES OF VOLUNTEERS

Private Organization Volunteers are part of non-federal entities authorized to operate on the installation. These organizations contribute to the overall installation mission, but their volunteers are not considered statutory. All liability for incidents/accidents or injury to the volunteer are the responsibility of the private organization.



ALWAYS NO COST!

"Are you the next volunteer?"

(719) 526-4590

CARSON.ARMYMWR.COM/ACS

Visit the AVC webpage [HERE!](#)

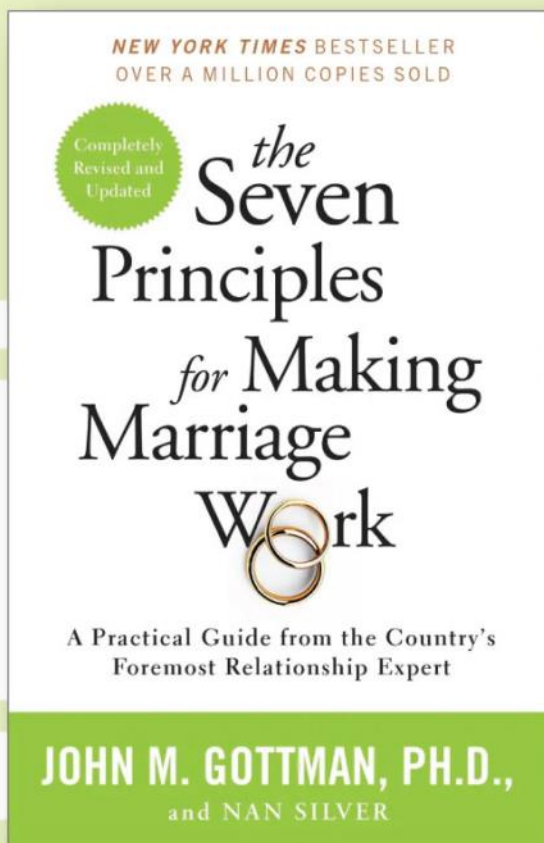
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Family Advocacy Program - Did You Know?!



Feb 14th, Feb 23rd
12 pm - 2pm
1481 Titus Blvd.,
Bldg. 7492

Join ACS for an Introductory course to

the Seven
Principles for Making
Marriage Work

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

Keep up to date with local events and deals with the



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Family Advocacy Program - Did You Know?!

Speak to Your Love

Learn to Speak to your love through
The Five Love Languages and by engaging Fun & Friendship in your relationships



Valentine's Day 2023

5:30 pm - 8:30 pm

1481 Titus Blvd., Bldg. 7492



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

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Family Advocacy Program - Did You Know?!



SOLE PARENTING GROUP

THE SOLE PARENTING GROUP IS A "BROWN BAG" LUNCH -N- LEARN AND RESOURCE GROUP FOR SINGLE PARENTS. CONNECT WITH FELLOW SOLDIERS AND COMMUNITY PARTNERS TO HELP YOU ON YOUR JOURNEY TO SURVIVE AND THRIVE AS A SINGLE PARENT.



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:

09/16/22	01/12/23	04/20/23
10/07/22	01/20/23	05/04/23
10/20/22	02/10/23	05/19/23
11/04/22	02/16/23	06/09/23
11/17/22	03/03/23	06/29/23
12/15/22	03/16/23	07/13/23
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?!

SYSTEMS NAVIGATION SERVICES

EFMP Systems Navigation is a Family support component of the EFMP that connects Families who have special needs with the systems of care they need, both on and off the installation. A standardized planning tool is used to help you identify your family's needs and goals, which will be organized and prioritized in a way that is easy to understand.

(719) 526-0461

CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!

Visit the EFMP webpage [HERE!](#)

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EFMP Exceptional Family Member Program

Make your voice heard. Take the Exceptional Family Member Program survey today!

Provide your feedback to enhance the Exceptional Family Member Program.
Active-duty service members with a family member enrolled in EFMP can take the survey beginning Nov. 17, 2022.

Why take the 2022 EFMP Survey?

This is your chance to be heard on issues that directly affect you and your family! The survey asks about the EFMP enrollment process, Family Support services, assignment coordination during PCS and experiences outside of the program such as with medical and educational services.

We encourage service members to discuss the survey with their spouse or other adult family members to ensure the entire family's experience is represented.

Your feedback will help leadership make decisions about EFMP policies and can help make a difference for families like yours.

How to take the survey

Check your inbox! An email with a unique code to log onto the web-based survey will be sent to all active-duty service members with a family member enrolled in EFMP. If you do not receive an invitation to participate, visit www.dodsurvey.mil, click the "Click Here" button and enter your DOD ID number and date of birth.

All responses will be confidential.

Take the 2022 EFMP Survey and be heard!

Learn more about the survey at
www.militaryonesource.mil/special-needs/efmp/efmp-survey/.



Visit the EFMP webpage [HERE!](http://www.militaryonesource.mil/special-needs/efmp/efmp-survey/)

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Employment Readiness Program - Did You Know?!

Military Spouse Federal Resume Seminar



Exclusive to Military Spouses

- January 24, 2023
- 9am - 12pm
- 6303 Wetzel Ave., Bldg. 1526
Fort Carson, CO 80913



[Visit the ERP webpage HERE!](#)

Keep up to date with local events and deals with the



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Financial Readiness Program - Did You Know?!

GARRISON NEWCOMER'S BRIEF

Build upon your financial knowledge and learn how to invest, get out of debt, build a savings and good credit, and the value of Army Emergency Relief.

Make an
appointment today!



(719) 526-4590

carson.armymwr.com/acs

Visit the FRP webpage [HERE!](#)

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

REFER A SOLDIER AND/OR THEIR FAMILY

Do you have a Soldier and/or Family who would benefit from a needs-based assessment? Refer to us and we can be the connecting point to different service resources and agencies. Refer to us and we can identify the assistance needed and connect the Soldier/Family Member to the appropriate resource.



(719) 526-4590

CARSON.ARMYMWR.COM/ACS



ALWAYS AT NO COST!

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

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Mobilization & Deployment Program - Did You Know?!



ARMY 101

AS A CIVILIAN ORGANIZATION,
UNDERSTAND MORE ABOUT
HOW THE ARMY WORKS AT
FORT CARSON AND LEARN
THE BASICS OF WORKING
WITH SOLDIERS AND
FAMILIES. A TOUR OF THE
INSTALLATION AND LUNCH IN
A MILITARY DINING FACILITY
ARE INCLUDED.



(719) 526-4590

ALWAYS AT NO COST! CARSON.ARMYMWR.COM/ACS

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

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Relocation Readiness Program - Did You Know?!

DESTINATION



Overseas



Learn about what is needed in order to have a successful overseas move. This includes OCONUS locations like Alaska, Germany, Hawaii, Italy, Japan, and Korea. Gain specific knowledge about your destination & receive an overview of all the required paperwork. Single or married, this class will give you a leg-up for your next adventure.



(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?!

HOME VISITS

A voluntary home visitation program for families expecting a child or with children from birth up to 3 years of age. Services are provided free of charge by NPSP staff. Appointments are available Monday thru Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis.



ALWAYS AT NO COST!

(719) 526-0461

CARSON.ARMYMWR.COM/ACS

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

Keep up to date with local events and deals with the



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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!](#)

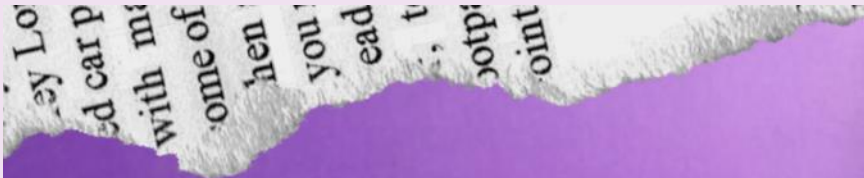
Victim Advocacy Program

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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

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DATE	CLASS	TIME
January 24th	Military Spouse Federal Resume Seminar	9 am - 12 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Center on Fathering	1 pm - 3 pm
January 25th	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
	New Volunteer Orientation, VMIS and OPOC Training	1:30 pm - 3 pm
January 26th	Auditing SFRG Informal Funds	9:30 am - 11:30 am
	Toddler Time	9:30 am - 11 am
	Federal Resume 101	1:30 pm - 2:30 pm
January 27th	Play Group	10 am - 12 pm
	Newcomers Orientation "Mountain Post Welcome for Spouses and Families"	10:30 am - 11:30 am
January 31st	Command Family Readiness Representative (CFRR) Academy	9:30 am - 4:30 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Center on Fathering	1 pm - 3 pm
February 1st	Command Family Readiness Representative (CFRR) Academy	9:30 am - 4:30 pm
	SFAC Transition and Medical Retirement Brief	10 am - 11 am
February 2nd	LinkedIn Fundamentals	9:30 am - 10:30 am
	Toddler Time	9:30 am - 11 am
	Preschool Story Time	10:30 am - 11:30 am
	Thrift Savings Plan (TSP) Class	1 pm - 2 pm
February 3rd	Financial Milestone: Marriage	9:30 am - 10:30 am

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

Army Community Service Upcoming Classes

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DATE	CLASS	TIME
February 3rd	Play Group	10 am - 12 pm
	Newcomers Orientation "Mountain Post Welcome for Spouses and Families"	10:30 am - 11:30 am
	Financial Milestone: Birth of First Child	1:30 pm - 2:30 pm
February 7th	Boot Camp For New Dads	9 am - 12 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Resource Overview	9:30 am - 11 am
	Understanding Your Credit Score	9:30 am - 11 am
	Center on Fathering	1 pm - 3 pm
February 8th	Resume Essentials	9:30 am - 10:30 am
	Financial Strength Budgeting 101	10 am - 11 am
	SFAC Transition and Medical Retirement Brief	10 am - 11 am
	Relationship Preventative Maintenance for Couples & Singles	1 pm - 3 pm
February 9th	Toddler Time	9:30 am - 11 am
	SFRG Informal Funds Custodian Training	10 am - 11:30 am
	Financial Milestones	1 pm - 2 pm
	SFRG Key Contact Training	1 pm - 2:30 pm
February 10th	Annual Troop Training for Domestic Violence Prevention	10 am - 11 am
	Play Group	10 am - 12 pm
	Newcomers Orientation "Mountain Post Welcome for Spouses and Families"	10:30 am - 11:30 am
February 14th	Introduction to the Seven Principles for Making Marriage Work	12 pm - 2 pm
	Speak to Your Love Seminar	5:30 pm - 8:30 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

MILITARY LIFESTYLE

- ✓ DEPLOYMENT STRESS
- ✓ COPING SKILLS
- ✓ RELOCATION ADJUSTMENT
- ✓ SADNESS, GRIEF, AND LOSS
- ✓ HOMESICKNESS
- ✓ SEPARATION
- ✓ BUILDING RESILIENCY
- ✓ REINTEGRATION
- AND MORE...



Military & Family Life Counselors (MFLC) provide non-medical short term, situational problem-solving counseling to Service Members and their Families.



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

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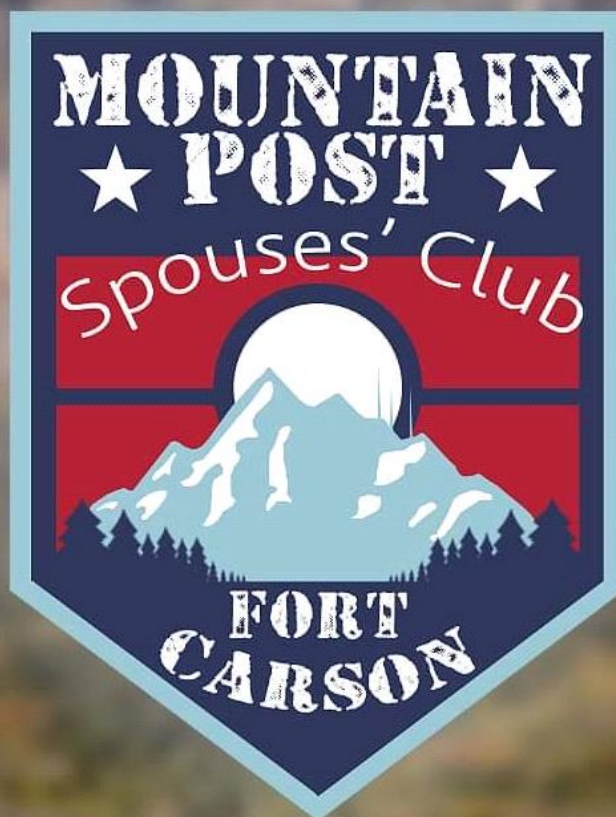


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

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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[Auto Skills Center](#)

[Army Community Service](#)

[Better Opportunities for Single Soldiers](#)

[Child and Youth Services](#)

[Community Events](#)

[Elkhorn Catering and Conference Center](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Social & Dining](#)

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

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

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

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

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



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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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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!



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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**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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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

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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
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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!**](#)



Better Opportunities For Single Soldiers

Keep up to date with local events and deals with the



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BOSS

**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.**

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Board Preparation Class

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

Mock Boards

Study Materials

Best Practices

For more information call 719-526-5347

More Events and Info at carnival.danang.army.mil

Find us on Social Media: Facebook, Instagram, Twitter, YouTube, LinkedIn

Accessibility: Contact 811



FY22 TA REQUESTS

(Oct. 1, 2021 – Sept. 30, 2022)

If you were unable to request TA for FY22
OR completed the QR code for historical
TARS you must provide documentation for
the following:

- Documentation must include Soldier's Name and School Name
- Course Title and Number/Code
- Course Cost shown on Invoice/Billing Statement
- Course Final Grade (ex: transcript/ Degree Plan)
- Both Start and End dates (ex: schedule)

**IMPORTANT
NOTICE**

You must have your education goal and virtual benefits training completed.

Documentation must be uploaded in your ArmyIgnited account under the "Documents" tab or provided to the Education Center.

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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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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.

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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

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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



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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.

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⚡ **FORT CARSON FAMILY
HOMES PRESENTS** ⚡

Residents CHILI COOK-OFF

1/28/2023 **BRING THE HEAT!** 12pm-2pm

1st, 2nd and 3rd place
Trophies For The Best Chili!

Signup With The Events Manager At
jhanlon@bbcgrp.com



**RESIDENTS
CHOOSE THE
BEST CHILI**

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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**

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NEWSLETTER**



Babysitter's Course

- Youth will learn the ins and outs of what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter.
- Youth will also be Red Cross certified in CPR and First Aid.

Who: 13-18 year olds

When: February 22 & 23 0830-1600

Where: Fort Carson Youth Center

TO REGISTER:

Parent Central Services — 719-526-1101

Youth Center — 719-526-2680

(class size limited to 15)



Keep up to date with local events and deals with the



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

PLUS

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



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

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Fort Carson FITNESS CLASS SCHEDULE

**2023
JANUARY**

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 (JAN 18 & 25)	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
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 (JAN 28 ONLY)	MCK
8:00 a.m.	CYCLING	MCK
8:00 a.m.	LADIES LIFT (JAN 7 ONLY)	WAL
11:00 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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Fort Carson FITNESS CLASS DESCRIPTIONS

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.)

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FORT CARSON GRANT LIBRARY JANUARY EVENTS

Tuesday-Thursday 0900-1830 Friday-Saturday 0900-1700

**FOR MORE INFORMATION, PLEASE CALL:
719-526-2350/2842**

LAPSIT STORY TIME

Tuesdays | 1030

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

RTAP - Resiliency Through Art Program

Tuesdays | 1530-1730

This program focuses on the process of personal expression through art, in a small group setting. No prior art experience is needed or required. Open to all ages!

LEGO CLUB

Wednesdays | 1500

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

PRESCHOOL STORY TIME

Thursdays | 1030

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

ANIME CLUB

Saturday, January 7 | 1030

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

SENSORY PLAYTIME

Friday, January 13 | 10:30-12:30

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

SPICY READS BOOK CLUB

Thursday, January 19 | 1730

Need some spice in your life? Join us for Spicy Reads Book Club! We'll talk about A Court of Mist and Fury, snack, talk books, and hand out copies of our next book, A Court of Wings and Ruin by Sarah Mass, book 3 of the ACOTAR series.

HOMESCHOOL HANGOUT

FRIDAY, January 20 | 1400

Homeschool families - connect with other families, play games, and enjoy activities!

BOSS ANIME CLUB

Saturday, January 21 | 1400

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

Maker Space Meetup - ENGINEER AN IGLOO FROM MARSHMALLOWS AND TOOTHPICKS

Saturday, January 28 | 1030

Calling all tinkers, makers, designers, and engineers! Build an igloo from marshmallows and toothpicks or build with LEGO and explore our STEM educational kits like a Snap Circuits, Kibo Robotics, K'Nex, Keva Structures, and more.

Please call 719-526-2350 to register.



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LEARN TO PLAY BRIDGE IN A DAY



February 4, 2023

Doors Open at 11 a.m.

Instruction from 12-5 p.m.

Grant Library

1637 Flint St. BLDG 1528

Fort Carson, Co 80913



This 5-hour introduction to the game mechanics and basics of the game will be taught by Patty Tucker, a Grand Life Master, American Bridge Teacher Association Master Teacher, and ACBL Best Practices Teacher/Trainer.



FREE PIZZA! *While supplies last.*

For more information and to register call: (719)-526-2350



FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

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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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@CarsonDFMWR



@carsonmwr
#CarsonMWR



McKibben Physical Fitness Center
5785 Berkeley 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



More Events and Info at
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



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

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February 4
10 a.m.- 2 p.m.

MOUNTAIN POST RECREATION HEALTH EXPO



An opportunity you don't want to miss! Meet with both local vendors as well as Fort Carson agencies to learn about health, wellness, and recreation!

Location: Special Events Center, 6550 Specker Ave

There will be prize opportunities at the event!

FREE Face Painting & Coloring Station for the kids!

More event information here:

[View Event :: Mountain Post Recreation Health Expo :: Ft. Carson :: US Army MWR](#)

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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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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
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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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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.

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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.

Keep up to date with local events and deals with the



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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.

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

2023 FRONT RANGE BONE MARROW DRIVE

FT CARSON

30 JANUARY - 10 FEBRUARY

**CONTACT YOUR UNIT
REP TO SAVE A LIFE!**

SIGN-UP BOOTHS HELD AT THE MED
GROUP, PX, AND COMMISSARY
THROUGHOUT THE DRIVE

BASE POC: 1LT NEIL INMAN (520-400-0675)

Who can join the registry?

- Active duty U.S. military, Reserves, National Guard, Coast Guard, all DoD cardholders
- Between the ages of 18-60
- In general good health

How to join the registry?

- Complete cheek swab kit
- Fill out consent form with the QR code
- Remain on registry until 61, unless requested to be removed
- No cost to register or donate!

WWW.SALUTETOLIFE.ORG



1-800-MARROW3

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Responding to Relationships

FREE

Military & Responder MARRIAGE SERIES & RETREAT

Feb. 10, 2023 & March 10-12, 2023

respondingtorelationships.org

REGISTRATION OPENS JAN. 2ND

Your Relationship Deserves This.



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

Registration for series 3 is open!

[CLICK HERE TO LEARN MORE!](#)

Keep up to date with local events and deals with the



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VACCINE CLINIC AND COVID-19 TEST KIT DISTRIBUTION



What: COVID-19 rapid test kit distribution events and vaccine clinics with Moderna vaccines (ages 6 months-plus) and Bivalent COVID-19 Booster (ages 6 months-plus). Several community partners will also be available to connect residents to resources such as food and nutrition assistance, behavioral health, tobacco cessation, emergency preparedness, and more.

When: Friday, January 20 and Friday, January 27

- Test Distribution and Community Outreach 10 a.m. - 5 p.m.
- Vaccines 10 a.m. - 2 p.m.

Where: El Paso County Public Health South, 6436 U.S. Highway 85-87

Questions?

Call 719-578-3220 or email HEAEpidemiology@elpasoco.com.



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North Cheyenne Cañon Park presents

2023 Winter Bird Festival

Saturday, January 28

10am - 2pm

Starsmore Visitor and Nature Center
2021 S. Cheyenne Canon Rd.



The Winter Bird Festival in North Cheyenne Cañon Park is on Saturday, January 28th from 10am – 2pm.

The Winter Bird Festival will be hosted at Starsmore Visitor and Nature Center (2120 S Cheyenne Cañon Rd.) and will have many family-friendly activities including crafts, activities, and bird walks!

The festival is free to attend!

Keep up to date with local events and deals with the



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Travis Manion Foundation
Presents

Colorado Springs

**"FAMILY STRENGTHS MATTER"
CHARACTER DAY**



**JAN 28TH, 2023
9AM-3PM**

MT CARMEL VETERANS CENTER
530 COMMUNICATION CIR
COLORADO SPRINGS, CO 80905

**A FREE FULL-DAY
EXPERIENCE FOR
MILITARY/VETERAN
FAMILIES DESIGNED TO
IDENTIFY, EXPLORE,
AND PUT YOUR
FAMILY'S STRENGTHS
AND VALUES INTO
ACTION TOGETHER!**

FOR MORE INFORMATION:

David Boyd
Sr. Coordinator,
Travis Manion Foundation
david.boyd@travismanion.com
828-479-5267

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PASS IT ON COMMUNITY NEWSLETTER



DIVERSUS HEALTH IN PARTNERSHIP WITH PIKES PEAK SUICIDE PREVENTION

WHEN & WHERE

WOODLAND PARK
February 2 and 3, 2023
8:30 a.m. to 4:30 p.m.

CRIPPLE CREEK
February 8 and 9, 2023
8:30 a.m. to 4:30 p.m.

No cost!

Registration required.

Applied Suicide Intervention Skills Training (ASIST)

This 2-day training program teaches participants how to assist those at risk for suicidal thinking, behavior or attempts.

Although many healthcare professionals use ASIST, anyone can use the approach, regardless of professional background. Participants will learn:

- How attitudes and beliefs about suicide impact roles as a caregiver.
- How to recognize and intervene if someone is at risk of suicide.
- How to involve other caregivers and resources.

REGISTRATION



Call:
(719) 299-2996



Email:
covidresponse@diversushealth.org



diversushealth.org/outreach-program
(719) 299-2996



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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

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Jan 2023

Happy New Year!

Virtual Book Club will be starting back up! Spouses Coffee Connection, Teddy Bear Club and weekly lunches return on Carson in 2023!

SUN MON TUE WED THU FRI SAT

 1	2	3	 4	5	6	7
8	9	10	 11	12	 13	14
15	16	 17	 18	19	 20	21
22	23	24	 25	26	27	28
29	30	 31	Please visit our website for details! colorado.uso.org			

Keep up to date with local events and deals with the



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**COMMUNITY
NEWSLETTER**



COFFEE CONNECTIONS Colorado Springs

Military Spouses! Join us and other military spouses in the community to connect over coffee, have meaningful conversations, and make new friends!

Friday January 20th 9am
USO Center -Fort Carson- bldg 1524

[#USOColorado](#) is hosting their next Spouses Coffee Connection on Friday, January 20th at 9am on Fort Carson at the USO- bldg. 1524. Join them and other local military spouses to connect, share and chat!

[Please RSVP here!](#)

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)

Keep up to date with local events and deals with the



PASS IT ON

**COMMUNITY
NEWSLETTER**

Family Health & Nutrition Night

TUESDAY 1/24, 5-7:00 PM

- ✓ **FREE Family Event**
- ✓ **Learn more about Health**
- ✓ **Food & Fun**
- ✓ **Door Prizes & Give-a-ways**

**Lamar Christian Church Fellowship Hall
811 S. Main Street, Lamar**

**SPONSORED BY: CDS LAMAR HEAD START,
WIC, SAFECARE COLORADO, &
CIRCLE OF PARENTS**

Keep up to date with local events and deals with the



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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

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!

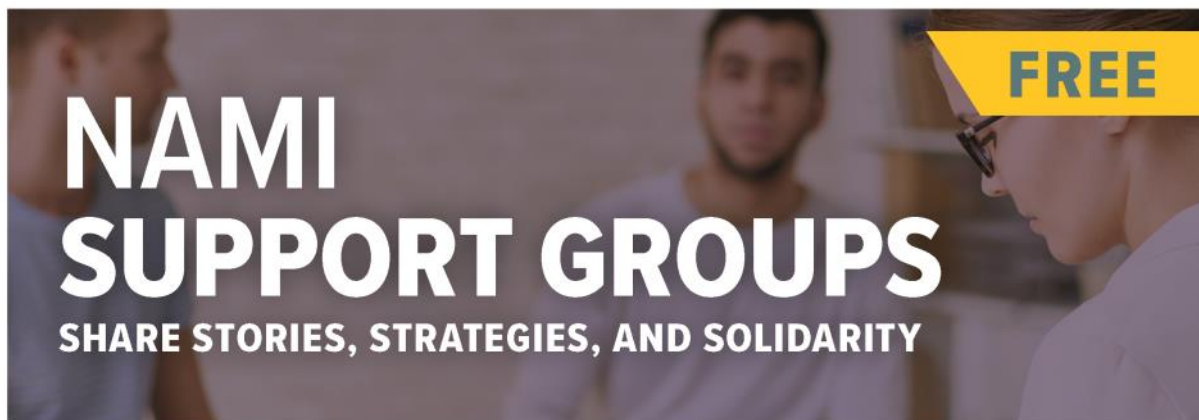
1510 Chiles Ave Fort Carson, Colorado

LOCATED ACROSS FROM DOMINOS IN THE MINI MALL.

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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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 **Waterford | UPSTART**

Amazing At-Home Learning Opportunity!

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

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



97%

of parents would recommend **Waterford Upstart!**

What Do You Get?



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



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



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

Why Should You Sign Up?



Waterford Upstart works!

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



Your child will learn!

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



It costs you nothing!

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



Get started today!

Visit waterford.org/upstart

Or scan this QR code

888-982-9898

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

 **Waterford | UPSTART**

¡Una increíble oportunidad de aprendizaje hecho en casa!

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

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



¡El **97%**

de los padres recomendarían Waterford Upstart!

¿Qué obtiene usted?



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



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



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

¿Por qué debe inscribirse?



¡Waterford Upstart funciona!

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



¡Su hijo aprenderá!

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



¡A usted no le cuesta nada!

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

*Computadora e Internet se les proporciona a las familias elegibles



Empiece hoy mismo:

Visite waterford.org/upstart

Escanee el código QR

888-982-9898

Keep up to date with local events and deals with the



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To the Battlefield and Back Again

Dialogues on the Experience of War

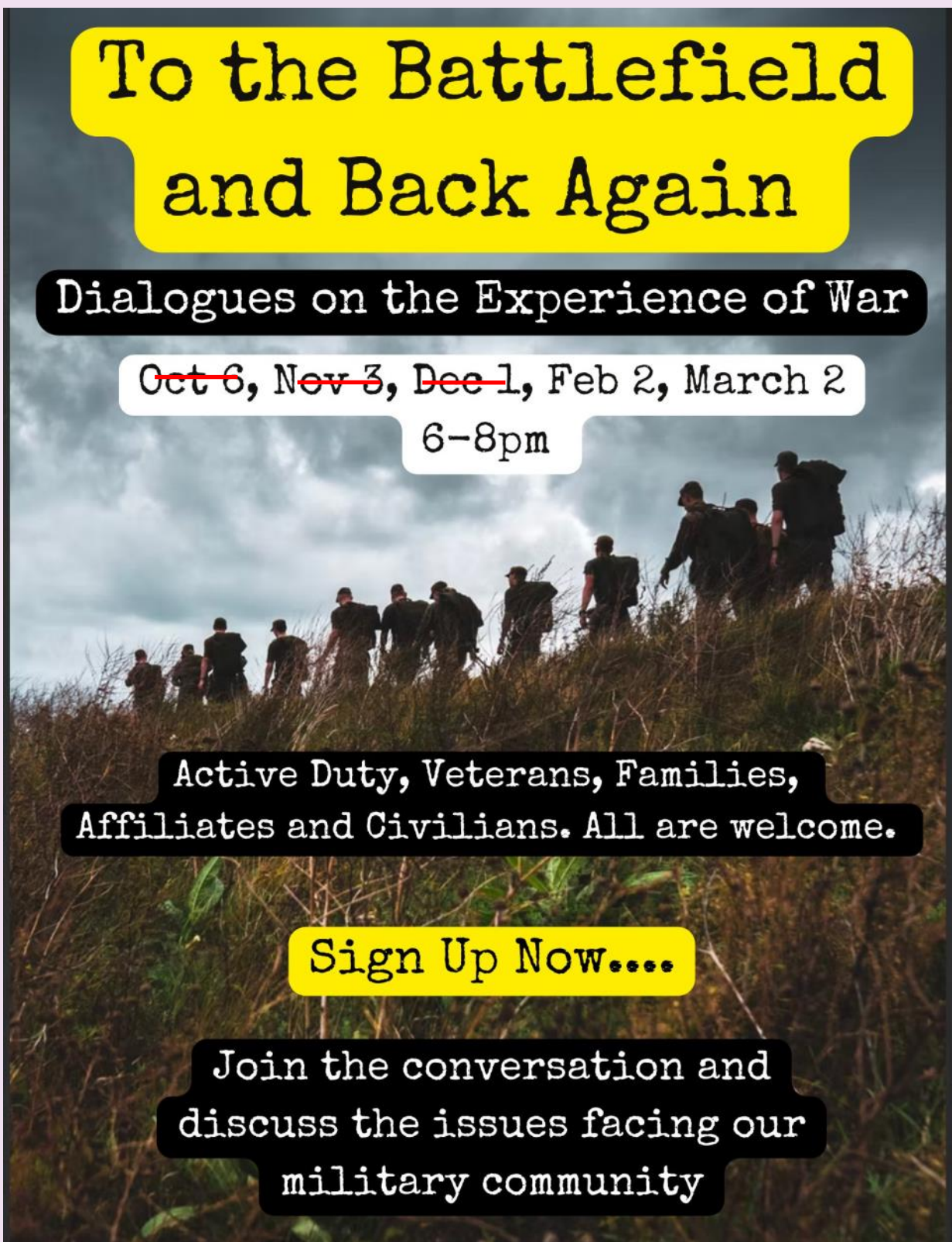
~~Oct 6~~, ~~Nov 3~~, ~~Dec 1~~, Feb 2, March 2

6-8pm

Active Duty, Veterans, Families,
Affiliates and Civilians. All are welcome.

Sign Up Now....

Join the conversation and
discuss the issues facing our
military community



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Free Dinner & Child Care!



Circle of Fathers

Sharing ideas. Sharing support.

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

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

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



Colorado Chapter
CIRCLE of PARENTS®
CIRCLE of FATHERS

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

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

OR Online via Zoom!

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



Catholic
Charities
of Central Colorado

LEARN MORE:

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

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

Join Us!
Visit CircleOfParentsCO.org



illuminate
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



PASS IT ON COMMUNITY NEWSLETTER



Free Dinner & Child Care!

FATHERS OF FREEDOM

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

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

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

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



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

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

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



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

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

Join Us!
Visit CircleOfParentsCO.org



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

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FREE TUITION PRESCHOOL

FOR
AGES 0-5



VARIETY
OF CLASS
TIMES



SAFE
QUALITY
PROGRAMS



65
LOCATIONS



Colorado Preschool Program | Head Start | Early Head Start

SUCCESS STARTS EARLY
CALL TODAY
ENROLLING YEAR-ROUND

719-635-1536 | cpcdheadstart.org



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

[Click HERE!](#)



DID YOU KNOW?

**WE ARE ON
INSTAGRAM**

Follow us @cpcdhs