

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER



31 Dec 2025

No Fort Carson/ Army Endorsement Implied

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



Army Community Services
6303 Wetzel Avenue, Building 1526
Fort Carson CO 80913
719-526-4590
719-243-7907 24/7 DV Hotline

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Jan 2025 CALENDAR

Jan 1

[Story Time @ Grant Library](#)

Jan 2

[Resiliency Through Art \(RTAP\)](#)

Jan 5

[Navigating the USCIS Website](#)

[WIC Walk Ins—Jan 5](#)

Jan 6

[Boot Camp for New Dads](#)

[CARE Team Training](#)

[Infant Massage & Baby Nurturing](#)

[Lap Sit Storytime](#)

[Shutdown Finance Prep Workshop](#)

[Child Support Walk-Ins](#)

Jan 7

[IDES & SRU Transition Brief](#)

[Mountain Post Welcome for Families](#)

[Lego Club @ Grant Library](#)

[Navigating the USCIS Website](#)

[Boss Bowling Nights](#)

Jan 8

[Toddler Time](#)

[SFRG Informal Fund Custodian Training](#)

[Story Time @ Grant Library](#)

[Nurturing Hope: Parenting for Special Needs](#)

Jan 9

[Play Group](#)

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Jan 2025 CALENDAR

Jan 9

Resiliency Through Art (RTAP)

Jan 12

Navigating the USCIS Website

WIC Walk Ins

Jan 13

Cooperative Parenting and Divorce Class

Infant Massage & Baby Nurturing

Auditing Your SFRG Informal Funds

Lap Sit Storytime

Shutdown Finance Prep Workshop

Child Support Walk Ins

Heartbeat

Jan 14

IDES & SRU Transition Brief

Sole Parenting & Support Group

Major Purchases—Home & Car Buying Guide

Mountain Post Welcome for Spouses & Families

Lego Club at Grant Library

Navigating the USCIS Website

Save The Date

YMCA Father/Daughter Dance

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Community Events Bulletin

Fort Carson on My Army Post App

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

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

Holiday gate closures

Gates 4, 5 and 6 will be closed Jan. 1 for the New Year's Day holiday and Jan. 2 for a training holiday.

Normal hours of operation for Gates 5 and 6 are Monday-Friday from 5 a.m. to 6 p.m., and Gate 4 are Monday-Friday from 5 a.m. to 1 p.m. for inbound and outbound traffic and 1-9 p.m. for outbound traffic only.

The Visitor Control Center near Gate 1 will remain open normal hours, which are 5 a.m. to 1 p.m. daily. After 1 p.m. visitor passes can be processed at Gate 3 in the third lane, however, delays should be expected. Apply for an online pass 24/7 at <https://pass.aie.army.mil>.

Soldier Center closed Jan. 1-2

The Mountain Post Soldier Center, building 1525, will be closed Jan. 1-2 for the federal and training holidays.

Normal operations resume Jan. 5.

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Evans Hospital

Evans Army Community Hospital will be closed on Thursday, Jan. 1, 2026, In observance of the Federal Holiday. As always, Inpatient and the Emergency Department will remain open 24/7.

FRIDAY, JAN. 2, 2026:

EACH clinics will be open for previously scheduled appointments and routine services, except as noted below:

- **BEHAVIORAL HEALTH CLINICS:** Adult and family behavioral health services will be consolidated to the Mountain Post Behavioral
- **CHIROPRACTIC CLINIC:** The Chiropractic Clinic will be closed on Friday, Jan. 2, 2026. Acute axial spine care will be available through the EACH Physical Therapy clinic.
- **DENTAL CLINICS:** All dental clinics will be closed except Dental Clinic #1, which will be open for dental emergencies and dental readiness needs.
- **OB/GYN CLINIC:** The OB/GYN Clinic will be closed.

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The graphic for the RTAP event features the text "RTAP" in large, white, serif capital letters, with "Resiliency Through Art" in a smaller, white, serif font below it. The background is a vibrant, abstract painting with various colors like red, blue, yellow, and green, and some paintbrushes are visible in the scene.

RTAP

Resiliency Through Art

Jan 2 2026
Jan 9 2026
1:30 pm - 3 pm

Grant Library

Come and create through the process of personal expression! Art is a wonderful outlet for expression and can provide great relief for anyone dealing with separation, sadness, anxiety, stress or anger. No prior art experience is needed.

Open only to Active Duty Soldiers & Spouses.

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Navigating the USCIS Website

Learn to utilize online tools to assist with immigration & naturalization

Jan 5 2026

Jan 12 2026

12 pm - 12:30 pm

Class provides Service Members and their Families with:

- Knowledge and skills to navigate the USCIS website
- Access accurate immigration information

**Utilize online tools to assist with immigration/
naturalization process**

Cost

Free

Registration Information

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5 Jan
12 Jan
1pm—3:30pm

Empowering Families with Food, Nutrition, Education and More

WIC is the nation's most successful public health nutrition program. We provide healthy food, nutrition education, breastfeeding guidance, and community support to income-eligible pregnant women, moms of infants, and children up to 5 years old.

Did you know? Colorado WIC offers:

- HEALTHY FOOD + NUTRITION TIPS
- A COMMUNITY OF SUPPORT
- REFERRALS

Cost Free service provided by your ACS Community Information, Referral and Follow-up Program and the El Paso County Public Health.

Registration Information Walk-in basis; first come first serve. Check in on the lobby iPad, ACS Center, Bldg. 1526. [If you would like to request a WIC appointment, click here.](#)

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Jan 9 2026

9:30 am - 11:30 am

Cost Free!

Registration Information

No registration required. Walk-ins welcomed. Located at the ACS Annex | Family Nurturing Center

1481 Titus Blvd., Bldg. 7492

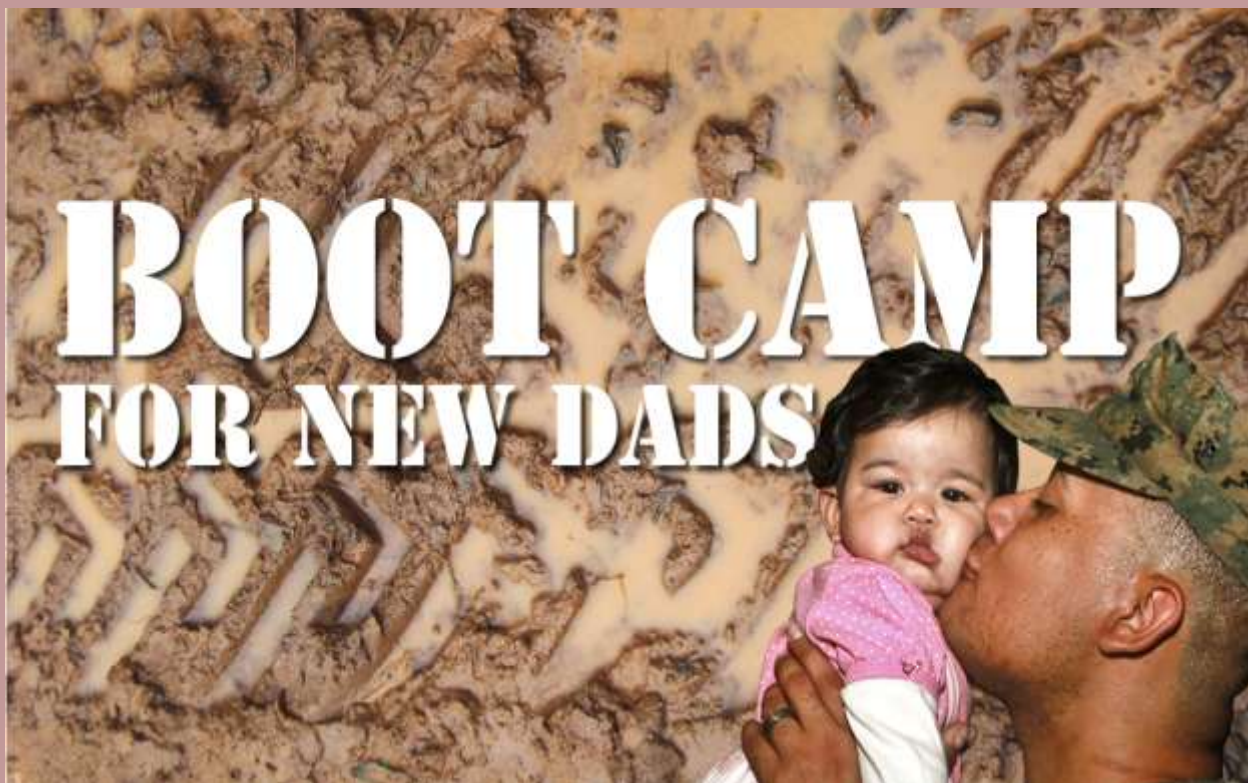
Questions? Call us at: (719) 526-0461

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BOOT CAMP FOR NEW DADS



Jan 6 2026

9 am - 12 pm

A lively discussion group that covers becoming a dad, caring for your new baby and caring for mom.

Cost

FREE!

Registration Information

[CLICK HERE TO REGISTER!](#)

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SOLDIER & FAMILY READINESS GROUP (SFRG)



CARE TEAM TRAINING

ONLINE OR IN-PERSON TRAINING

Register Today: Select a training date on the website calendar or send us an email to enroll

Prepares volunteers to provide compassionate support to families during times of tragedy or loss.



Jan 6 2026, 9 am - 12 pm

Prepares volunteers to assist and support a Family during a time of tragedy or loss.

Attend in ☐ person or virtually—select your preference at registration.

Inclement Weather: If the installation is delayed, class will begin at 0930. Post closures will result in a rescheduled class.

IN-PERSON ATTENDANCE:

Classes take place at the ACS Center, Fort Carson (6303 Wetzel Ave., BLDG 1526). Proceed to the second floor and follow the signs—no check ☐ in needed.

VIRTUAL ATTENDANCE:

Login instructions will be emailed prior to class.

Join on any device without downloading an app; speakers or sound are required.

Cost FREE

Registration Information [CLICK HERE TO REGISTER](#)

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

1481 Titus Blvd
Bldg. 7492
Fort Carson
719-526-0461

**Jan 6
Jan 13**

Infant Massage 9:30-10:15 a.m.

Baby Nurturing 10:15-11:00 a.m.

Pregnant moms and parents with babies are encouraged to attend.

Systematic infant massage strokes alleviate colic, create strong bonds, increase the communication between baby and parent and provide a foundation of unconditional love and attachment. Topics pertaining to infant development and health are discussed.

For more information about our lactation specialist, please contact (719) 960-6435.

Cost FREE!

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

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Jan 6 2026

10:30 am - 11 am

Grant Library

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

All information is subject to change.

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ACS FINANCIAL READINESS PROGRAM

MONEY SMART, MISSION READY – ALL YEAR LONG



HOLIDAY SPENDING BOOTCAMP

- > Spend with purpose – not regret
- > Create a zero-stress holiday budget
- > Gift giving on ANY income
- > How to avoid “December Debt”
- > Smart shopping strategies
- > Holiday savings hacks for the military community



SHUTDOWN FINANCE PREP WORKSHOP

- > Prepare now. Stay ready
- > Cash flow plan for a furlough
- > Priority bill triage
- > TSP: loan vs. hardship
- > Building a 30-day emergency buffer
- > How to prep for a potential Jan 30, 2026 shutdown

HOLIDAY SPENDING Class Dates: DEC 3, 10, 17, 24, 2025

SHUTDOWN PREP Class Dates: DEC 4, 9, 16 & 23, 2025 & JAN 6, 13, 20, & 27, 2026

Jan 6 2026
Jan 13 2026
11 am - 12 pm

Cost FREE

Registration Information Click [HERE](#) to register

Shutdown Finance Prep Workshop

- Prepare now. Stay Ready!
 - Cash flow plan in case of furlough
 - Priority bill triage
 - TSP: loan vs. hardship
- Building a 30-day emergency buffer

Keep up to date with local events and deals with the



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**Tuesday's
1 pm—4 pm**

Helping Parents and Caretakers Provide for their Families
Child support services include:

- Locating parents
- Initiating legal paperwork
- Establishing parentage
- Establishing child support order
- Enforcing child support order
- Modifying a child support order
-

**Helping parents overcome barriers that prevent order compliance
Cost**

Free service provided by your ACS Community Information, Referral and Follow-up Program and El Paso County Child Support Services.

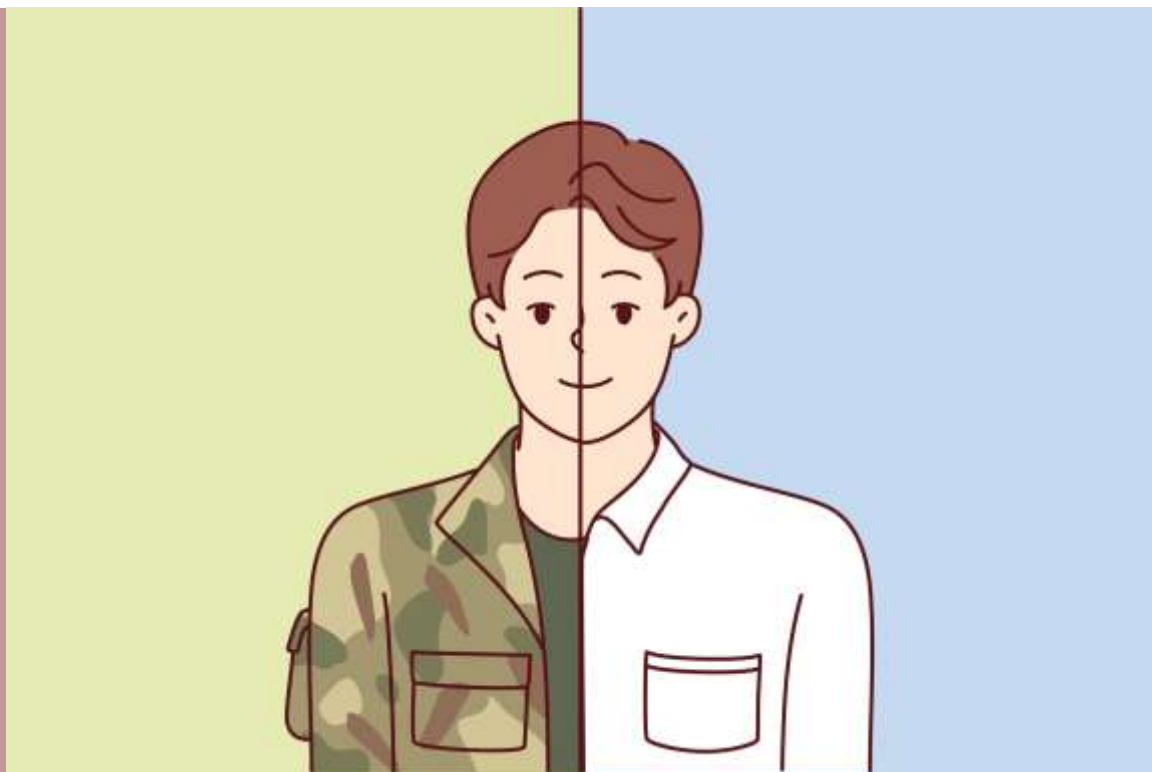
Registration Information

Walk-in basis, first come first serve. Check in on the lobby iPad, ACS Center, Bldg. 1526.

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IDES & SRU Transition Brief

Individual Disability Evaluation System (IDES) and Soldier Recovery Unit (SRU) Soldiers in Transition: Your transition through the IDES process is important to Army Community Service! Once you have attended your IDES Briefing, you should attend this Transition Briefing. This is the IDEAL time to discuss resources and ask questions before you receive a rating or orders. Let ACS be your transition partner!

Jan 7 2026, 10 am - 12:30 pm

Cost FREE

Registration Information Click [HERE](#) to register

Keep up to date with local events and deals with the



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Mountain Post

WELCOME

FOR
SPOUSES &
FAMILIES

NEWCOMERS ORIENTATION

Jan 7
Jan 14
Jan 21
Jan 28
1 pm—2 pm

Join us at the ACS Center, Bldg. 1526. Our orientation offers you an opportunity to meet other new arrivals, get “insider tips” to become familiar with the area and get any questions you may have answered. It's also a great way to learn about resources on and off Fort Carson.

Registration Information [Click here to register](#)

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Jan 7 2026, 3:30 pm - 4:30 pm

Grant Library

You bring the creativity and we'll supply the Legos! Join us every Wednesday on a journey of ingenuity, open to all ages.

All information is subject to change.

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**Jan 8
0930—11am**

Participants interact on topics such as gross motor enhancement through songs and dance, sensory enrichment through arts and crafts, and nurturing the child as well as the parent. Open to parents with toddlers 18 months or above.

No Registration Required: Walk-Ins Welcome!

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

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SOLDIER & FAMILY READINESS GROUP (SFRG)



SFRG INFORMAL FUND CUSTODIAN TRAINING

ONLINE OR IN-PERSON TRAINING

Register Today: Select a training date on the website calendar or send us an email to enroll.

Learn about the role of the SFRG Informal Fund Custodian and the Army regulations for managing SFRG Informal Fund accounts and fundraising.



Jan 8 2026, 10 am - 11:30 am

Provides training on Fund Custodian duties and Army regulations for managing SFRG Informal Fund accounts and fundraising.

Attend in ☐ person or virtually—select your preference at registration.

Inclement Weather: If the installation is delayed, class will begin at 0930. Post closures will result in a rescheduled class.

IN-PERSON ATTENDANCE: Classes take place at the ACS Center, Fort Carson (6303 Wetzel Ave., BLDG 1526). Proceed to the second floor and follow the signs—no check ☐ in needed.

VIRTUAL ATTENDANCE: Login instructions will be emailed prior to class.

Join on any device without downloading an app; speakers or sound are required.

Cost **FREE** Registration Information [**CLICK HERE TO REGISTER**](#)

Keep up to date with local events and deals with the



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Every Thursday @ Grant Library

Stories, music, play - maybe make a friend today! Babies 0-36 months and their caregivers can enjoy stories, rhymes, and movement.

All information is subject to change.

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Jan 8 2026, 4 pm - 6 pm

Nurturing Hope: Parenting for Special Needs and Health Challenges

For parents or caregivers of children with high needs, sensory sensitivities, chronic tantrums, and other challenging behaviors looking for family support and opportunities for growth.

Cost Free!

Registration Information

[Click HERE for registration packet](#)

Drop off your registration at the East Child Development Center, 6330 Coleman Avenue, BLDG 6058, at least 7 days prior to class start date. For additional information about the Parenting for Special Needs Program curriculum and schedule please contact the ACS Nurturing Parent Program Educator at **719-960-6435** or **[EMAIL](#)** for more information.

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COOPERATIVE Parenting & Divorce



13 Jan 2026 : 9am-1pm

Learn how to:

- Create a positive parenting partnership
- Redefine your relationship with your former spouse
- Create a positive parenting partnership on behalf of the kids
- Manage your anger & take control of conflict
- Negotiate child friendly agreements

Take the time understand your new roles in this important relationship and how best to support your kids during this big transition in their lives.

This class meets the State of Colorado requirements for divorcing couples with children.

Cost FREE!

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

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SOLDIER & FAMILY READINESS GROUP (SFRG)



AUDITING YOUR SFRG INFORMAL FUND TRAINING

ONLINE OR IN-PERSON TRAINING

Training Dates (1000-1130):

09 December 2025, 13 January 2026, 15 January 2026

Available Upon Request: Send us an email to schedule a training.

Gain a solid understanding of how to audit an SFRG Informal Fund using proven best practices, tools, and tips. The class covers authorized expenditures, accounting documentation, and proper recordkeeping.



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Jan 16
1:pm—2:30pm

Connecting Families Play Group. Deployed or Unaccompanied?
Give Your Child (and you too) the Gift of Community!

Being a military family means sacrifice, and sometimes that means separation. But your child doesn't have to feel it alone.

Join our FREE Playgroup for children of all ages! We offer a supportive and fun environment where kids and parents can:

Build Friendships: Connect with other military Families who understand what it's like to have a parent serving.

- Develop Social Skills: Encourage positive interaction and learning through play.
- Reduce Stress & Isolation: Provide a sense of belonging and normalcy during challenging times.
- Gain a Support Network: For both kids and parents – connect with others who share similar experiences.

When: Third Friday of each month (SEPT - FEB Only)

Cost: FREE!

Location: ACS Annex, Family Nurturing Center

1481 Titus Blvd, BLDG 7492

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Sole Parenting Information & Support Group

Jan 14

12pm—1:30pm

Sole Parenting Information & Support Group provides single parents with parenting resources as well as peer support from other single parents.

Located at the ACS Annex, 1481 Titus Blvd., Bldg. 7492

Cost FREE!

Registration Information

[CLICK HERE TO REGISTER!](#) Or call (719) 526-046

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Major Purchases - Home & Car Buying Guide Practical class that walks you through the steps, costs, and smart strategies for making two of life's biggest purchases with confidence.



Jan 14 2026
1 pm - 2 pm

Cost FREE

Registration Information [Click HERE to Register!](#)

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HEART & HOME

SAFETY SKILLS FOR FAMILIES

2ND TUESDAY EVERY OTHER MONTH
FROM 9:00 AM - 11:30 AM
(BEGINNING OCTOBER 14, 2025)

ARMY COMMUNITY SERVICE ANNEX
(1481 TITUS BLVD., BLDG 7492, FORT CARSON, CO 80913)

HANDS-ON CPR TRAINING
ESSENTIAL HOME SAFETY TIPS
**CPR CARDS WILL NOT BE ISSUED*



FIND MORE INFORMATION ON OUR WEBSITE
Carson.ArmyMWR.com/ACS



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Fort Carson HEARTBEAT

Peer Support for Survivors of Suicide Loss

6:15pm the 2nd Tuesday of each month

Heartbeat Care and Share, a time for Heartbeat families and friends affected by suicide to connect.

Virtual ZOOM Meeting or In-person

6990 Mekong Bldg. 6215 Fort Carson

Contact for more information:

Angelika McShan

719-338-1796

gsdfriend2@gmail.com

Paul McShan

202-441-8580

paulmcshan@gmail.com



HEARTBEAT Survivors After Suicide, Inc.

www.heartbeatsurvivorsaftersuicide.org is a international non-profit organization affiliated with

Suicide Prevention Partnership / Pikes Peak Region

American Association of Suicidology

American Foundation for Suicide Prevention

Suicide Prevention Coalition of Colorado

www.pikespeaksuicideprevention.org

www.suicidology.org

www.afsp.org

www.suicidepreventioncolorado.org

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EVANS PEDIATRICS
CLINIC CONFERENCE
ROOM

PEDIATRIC SLEEP CLASSES

New class offerings!

Our Class Options:

Newborn Sleep

- For parents of children newborn to 6 months

Sleep Training

- For parents of children 7 months to 4 years

Teen Sleep

- For teenagers 12 to 18 years old

SIGN UP NOW



719-526-1896



Message your child's PCM
on Genesis to sign up!



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Evans Army Community Hospital

Pregnancy, Infant & Pediatric Loss Support Group

EACH is hosting a support group for parents affected by miscarriage, stillbirth, infant, and child loss.

What: Pregnancy, Infant and Pediatric Loss Support Group

Who: Parents Experiencing Loss or Grief

When: First Thursday of the month 0900-1100

Where: Bldg 1012 on Fort Carson, Long Street between
Specker Ave and Wetzel Ave
Light refreshments will be provided.



For any questions, please contact the Evans Bereavement team at
dha.carson.Evans-ACH.mbx.evans-bereavement-team@health.mil

Program Coordinator: Jen Houser, BSN, RN 719-526-7489

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DON'T HAVE TIME TO WAIT?
Maximize your time and activate
NEW prescriptions
from your smart phone OR computer
using Q-Anywhere!



- ⇒ ONLY for NEW prescription pick up at the Main or SFCC pharmacies.
- ⇒ Mobile Check-In Hours: 8:00 a.m - 4:30 p.m.
- ⇒ Tickets are valid ONLY for the same day.
- ⇒ For refills, call (719) 430-7306, or visit the MHSG Patient Portal.

SFCC Pharmacy
 First floor of SFCC Building
 1650 Cochrane Circle, Fort Carson, Colorado 80913
 SFCC Pharmacy Phone: (719) 503-7067

Evans Main Pharmacy
 Ground Floor of Main Hospital Building
 1650 Cochrane Circle, Fort Carson, Colorado 80913
 Main Pharmacy Phone: (719) 526-7410

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**COMMUNITY
NEWSLETTER**

Mountain Post Spouses' Club

BECOME A MEMBER TODAY!

#FindYourPeople

MPSC is an all ranks- based, non-profit, charitable and social organization. MPSC desires to support improving the quality of life for military families by promoting social, recreational, cultural, and educational activities.

Philanthropy. Friendship. Fun!

SUB CLUBS • GRANTS/SCHOLARSHIPS • MONTHLY SOCIALS



www.mpsc.us



MountainPostSpouses'Club



MountainPost_SpousesClub



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Save The Date YMCA Father Daughter Dance



**SATURDAY,
FEBRUARY 7**

**6:00-8:30 PM
TRI-LAKES YMCA**

COST

\$38 Members, per couple

*\$19 for Father & *\$19 for Daughter

\$48 Nonmembers per couple

*\$24 for Father & *\$24 for Daughter

\$15 each additional guest

All family members welcome

Activity tickets will be available at the door for \$25 each

Activity tickets will be available for purchase during the dance for fun activities & more!

All proceeds go to the Annual Support Campaign to offset Membership and Program Fees for those that need financial assistance.

Tri-Lakes YMCA

17250 Jackson Creek Parkway
Monument, CO 80132

**REGISTER
TODAY!**



For more information please contact the Youth Development Director at 719.495.5120 or childcare@ppymca.org

YMCA of the Pikes Peak Region - ppymca.org