

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.



1 November 2023

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.



TABLE OF CONTENTS

- ACS Classes & Workshops
- ACS What's New and Upcoming?
 - Financial Counseling
 - AER Quick Assist Program
 - Christmas Unlimited Applications
 - FY 23 Financial Readiness Classes
 - WIC at ACS
- ACS Portable Class Delivery
- Army Substance Abuse Program
- Better Opportunities for Single Soldiers
- 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
- Military & Family Life Counseling
- Morale, Welfare, & Recreation
- Mountain Post Santa's Workshop
- Mountain Post Spouses' Club / Thrift Shop
- Religious News & Services
- Safe Exchange Location
- Scholarship News
- Suicide Prevention
- <u>Tumbleweeds</u>
- USO Fort Carson



Community Events Bulletin

DFW and civilian suicide prevention-

The fiscal 2024 Employee Assistance Program Mandatory DFW and Civilian Suicide Prevention training classes will are offered at the below dates and times. Briefings will be held in-person at McMahon Auditorium Theater, unless noted as Microsoft Teams only below. Email calvin.n.lidmark.civ@amry.mil or call 719-526-2196 if you have any questions.

Thursday, Nov. 16, 10-11:30 a.m.

Wednesday, Dec. 6, 10–11:30 a.m. (MS Teams only)

Thursday. Jan. 25, 1-2:30 p.m.

Wednesday, Feb. 7, 10-11:30 a.m. (MS Teams only)

Tuesday, March 12, 10-11:30 a.m.

Thursday, April 4, 10-11:30 a.m.

Wednesday, May 1, 10-11:30 a.m. (MS Teams only)*

Thursday, June 13, 1-2:30 p.m.

Friday, July 19, 10-11:30 a.m.*

Thursday, Aug. 22, 1-2:30 p.m.

Tuesday, Sept. 10, 10-11:30 a.m.

Thursday, Sept. 19, 10-11:30 a.m.

Tuesday, Sept. 24, 10-11:30 a.m.

*Subject to change

America Recycles Day Contest-

The Directorate of Public Works is hosting an America Recycles Day Contest Nov. 1-15 at the recycle collection center located at the southeast corner of the Exchange off Sheridan Avenue. The contest format is a drawing for an Exchange gift card from contest entry forms collected Nov. 1-15. The winning entry form will be drawn the week of Nov. 15, and the winner will be notified.

Fort Carson community members (Soldiers, Family members, contractors, civilian employees and retirees – ID card holders) can bring recyclables from home to compete in the drawing. Recyclables accepted include plastic, cardboard, mixed paper (white paper, newspaper, magazines, shredded paper, junk mail, etc.), aluminum, tin, plastic and glass. The Exchange recycle location is open Monday through Saturday from 8 a.m. to 4 p.m. and is closed on federal holidays. Customers can leave their contest entry form with the attendant working on site. For more information, email susan.c.galentine.civ@army.mil.



Community Events Bulletin

UAS and drones prohibited on installation- Warning signs are posted at each gate that state "(UAS) Unmanned Aircraft Systems and Drones are Prohibited on Fort Carson without authorization."

On May 23, 2018, the Department of Defense issued a memo suspending the purchase and use of commercial drones on U.S. military installations until cybersecurity concerns could be addressed. That policy remains in effect. Fort Carson is designated as a "No Drone Zone." There are no areas on post that are authorized for commercial drone operations. The restrictions include recreational hobbyist drones and all types of radio-controlled aircraft.

This policy does not apply to military drones or military unmanned aerial vehicles operated on post for military training purposes; however, training with them must be coordinated with the appropriate range or aviation authorities on the installation prior to use.

Anyone operating a drone is responsible for flying within FAA guidelines and regulations and must be aware of where it is and is not safe to fly.

Red Ribbon Week-

Red Ribbon Week is quickly coming to an end at the end of this month. The campaign raises awareness of drug use and the problems related to drugs facing our community, and encourages parents, educators, business owners, and other community organizations to promote drug-free lifestyles.

Research shows that children are less likely to use alcohol and other drugs when parents and other role models are clear and consistent in their opposition to drug use and the misuse of prescription medications.

Red Ribbon Week gives the opportunity to be vocal and visible in our efforts to achieve a drug-free community.

Let's continue to carry the challenge forward as a community after Red Ribbon Week, throughout the remaining year and into 2024.

For questions and assistance contact the Fort Carson Employee Assistance Program at 719-526-2196.



Community Events Bulletin

Locker room closure-

Due to required maintenance, the Ivy Fitness Center locker rooms and second floor exercise facilities will be closed from Oct. 30 to Nov. 3. Maintenance is expected to be completed within the week. For additional information, contact the Ivy Fitness Center at 719-526-2706.

Outdoor Recreation events-

Plan for winter at Outdoor Recreation with the following events.

- --Nov. 2: Seasonal Rental Kickoff Day. ODR will be open special from 7 a.m. to 7 p.m. Limited sizes and quantities available.
- --Nov. 3: VIP Night, 5:30-7:30 p.m. Tickets are \$10 for adults and \$5 for kids 12 & younger. First chance to buy used gear and there will be great discounts on all the winter apparel. Leisure Travel Services will be on site with Loveland season passes, Monarch season passes for adults only and day lift tickets for sale.
- --Nov. 4: Ski & Snowboard Expo from 10 a.m. to 2 p.m. This event is free. Used gear for sale and discounts on all winter apparel. Leisure Travel Services will be on site with Loveland season passes, Monarch season passes for adults only and day lift tickets for sale.
- --Outdoor Recreation is located at 7093 Specker Ave., building 2429. Call for more details at 719-526-1993.

EAP class change-

The Employee Assistance Program, Drug Free Workplace and Civilian Suicide Prevention class scheduled for Dec. 6 on TEAMS has been changed to Dec. 13 10 a.m. due to a scheduling conflict. For more information, call 719-526-2196.



DATE	CLASS					
November 7th	Center on Fathering					
	Boot Camp For New Dads					
	CARE Team Training					
	Infant Massage & Baby Nurturing					
	<u>Understanding Your Credit Score</u>					
	Nurturing Families Through Play					
November 8th	Nurturing Infants to 5 Years					
	SFRG Resource Overview					
	Financial Strength Budgeting 101					
	IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief					
	Short-and-Sweet IEP Overview					
	Relationship Preventative Maintenance for Couples & Singles					
	Resume Essentials					
	Nurturing 3 to 12 Years					
November 9th	Center on Fathering					
	Annual Troop Training for Domestic Violence Prevention					
	<u>Toddler Time</u>					
November 14th	Center on Fathering					
	Cooperative Parenting and Divorce Class					
	Infant Massage & Baby Nurturing					
	Baby Orientation					
	Nurturing Families Through Play					
	<u>Heartbeat</u>					

Click **HERE** to check out the Fort Carson MWR calendar!



DATE	CLASS					
November 15th	Nurturing Infants to 5 Years					
	IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief					
	Military Spouse Preference & Federal Employment					
	Nurturing 3 to 12 Years					
November 16th	Center on Fathering					
	<u>Toddler Time</u>					
	SFRG Informal Funds Custodian Training					
	Interview Skills & Techniques					
November 17th	Financial Touchpoint/Milestone: Divorce					
	Financial Touchpoint/Milestone: PCSing					
	<u>EFMP 101</u>					
	Play Group					
November 21st	Center on Fathering					
	Boot Camp for New Moms					
	Infant Massage & Baby Nurturing					
	Nurturing Families Through Play					
November 22nd	Nurturing Infants to 5 Years					
	IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief					
	<u>Disabling Sickness or Condition: Financial Touchpoint/Milestone</u> <u>Training</u>					
	Nurturing 3 to 12 Years					
November 23rd	Center on Fathering					
	Toddler Time					

Click <u>HERE</u> to check out the Fort Carson MWR calendar!





PROGRAM

The QAP enables company commanders and first sergeants to help their Soldiers address short-term financial hardships.

"It's about taking care of Soldiers and definitely putting their priorities first. We want them to take care of all their needs so they can focus on the mission at hand."

Capt. Smith Company Commander

Go to aerhq.org/assistance or scan the QR code for more information about this program.





QAP PROGRAM OVERVIEW

QAP CAN HELP WITH:

- ★ food
- housing
- utilities
- 🙀 auto expenses 🌟 medical expenses
- PCS expenses when there is a delay in pay

WHERE TO BEGIN:

Qualifying Soldiers on active duty status and regular Army can go directly to their local AER offices or ask their chains of command for help

LEVELS OF ASSISTANCE:

Requested Amount: Who to Contact:

up to \$2,000 or first sergeant up to \$4,000 **AER Officers** up to \$5,000 Garrison Commander or Command Sgt. Maj. over \$5,000 **AER Headquarters**

AERHQ.org ★ 866-878-6378 2530 Crystal Dr., Suite 13161 Arlington, VA 22202



Quick Assist Program



Company commander

Click the graphic to connect with Army Emergency Relief





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

APPLICATION PROCESS

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

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

The application deadline is December 8, 2023 The toy distribution dates are Dec 4-22, 2023

To complete an application with ACS, stop by:
Army Community Service
6303 Wetzel Ave., BLDG. 1526,
Fort Carson, CO.





Understanding Your Credit Score

1st Tuesday 9:30am — 11:00am October 3
November 7
December 5
January 2
February 6

June 4
July 2
August 6
September 3

April 2

May 7

Financial Strength Budgeting 101

2nd Wednesday 10:00am — 11:00am October 11 November 8 December 13 January 10 February 14 March 13

March 5

April 10
May 8
June 12
July 10
August 14
September 11

Understanding Your Military Retirement Thrift Savings Plan

1st Thursday 1:00pm — 2:00pm October 5 November 2 December 7 January 4 February 1 March 7 April 4
May 2
June 6
July 4
August 1
September 5

Financial Milestone/Touchpoint Disabling Sickness or Condition

Every Wednesday 11:00am This class focuses on the financial implications of dealing with a disabling sickness or condition - and helps you manage your finances more efficiently as you work through it.

To schedule a Financial Milestone/Touchpoint class as a portable class to your unit footprint or as a 1-on-1, please call (719) 524-4601.

Click the graphic to connect with our Financial Readiness Program



IS NOW AT ARMY COMMUNITY SERVICE



El Paso County Public Health's Women, Infants and Children (WIC) program is now at Fort Carson ACS on Mondays from 12:30 to 3:30 p.m.! WIC provides supplemental food assistance, information on healthy eating, breastfeeding support and community referrals for qualified caregivers, babies and children. Stop by to learn more!



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



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 <u>HERE</u>

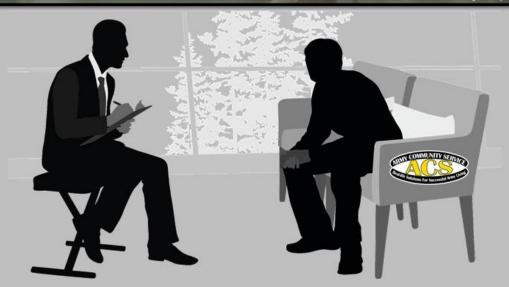


NEED TO TALK?

Military & Family Life Counseling

Military & Family Life Counselors are here to provide help with the stress of military life at no cost. Call an MFLC at (719) 526-4590

www.carson.army.mil/acs



Did you know MFLCs work with families, individuals, couples, and children?

Visit the MFLC webpage <u>HERE!</u>

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

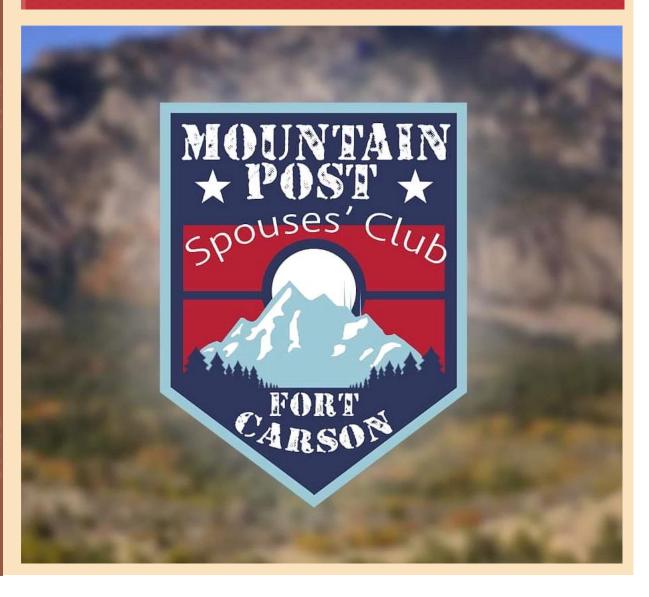
To speak to a Child and Youth Behavioral MFLC, please call Parent Central Services at 719-526-1101.



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.mpsc.us/ or call (719) 526-5966





PASS IT ON COMMUNITY NEWSLETTER



SAVE THE DATE!

HOLIDAY EVENT

Join the Mountain Post Spouses' Club to celebrate the holiday season.

DECEMBER 2 5 PM - 9 PM CHEYENNE SHADOW GOLF COURSE

More information to follow www.MPSC.us





Applications are open! If you have children 0-12 years old and need assistance this holiday season for your family apply to MPSW program today! CLICK HERE TO APPLY



FOOD DISTRO MOBILE FOOD PANTRY

Friday, Oct 27 Wednesday, Nov 8

Friday, Dec 8 Friday, Dec 22



OPENS AT 11 AM

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



ALONG STATES

PASS IT ON COMMUNITY NEWSLETTER









2023 DATES:

1st and 3rd Thursdays: 9/7, 9/21, 10/5, 10/19, 11/2, 11/16



TIME:

11:00 am until food runs out

LOCATION: MITCHELL HIGH SCHOOL
1205 Potter Dr, Colorado Springs, CO 80909

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

COMMUNITY SERVICES AND COMMUNITY SERVICES OF A

PASSIT ON COMMUNITY NEWSLETTER









2023 Fechas:

1er y 3er Jueves: 9/7, 9/21, 10/5, 10/19, 11/2, 11/16



despensa de comida movil gratis

HORA:

11am hasta agotar alimentos

Ubicación: MITCHELL HIGH SCHOOL

1205 Potter Dr, Colorado Springs, CO 80909

Las fechas y los horarios están sujetos a cambios. Visite ppunitedway.org para obtener actualizaciones.





Food Pantry • Pregnancy Center • Life Skills • Counseling

6436 US Hwy 85, Suite U • Fountain • CO • 80817 (behind Wendy's & Hangry Ohana- click for map) 719-387-9919

Home Get Food Event Calendar What We Do Partners Get Involved Downloads Donate About Us

If you need food, your in the right place.

We have 3 food distribution programs. You may qualify for one or more.

Food Pantry: Fresh food meat, eggs, breads, pastries, veggies, fruits, milk, etc. *

- Schedule: Every Thursday 2:00pm 6:30pm
- Service Area: Zip codes served: 80817, 80911, 80925, 80902, 80913, 80906 south of 'B' St.
- Qualifications: Resident or Homeless residing in the Service Area with a need for food.
- How to register: Click here to register.

Commodities: Staples rice, beans, canned/frozen meat, canned food, dried fruit, etc. *

- Schedule:1st & 3rd Fridays of month from 10:00am 2:00pm (come once per month)
- Service Area: Serving all of El Paso County.
- Qualifications: Low income based on US Government chart.
- How to apply: Apply at C4L on Friday when picking up food.

Senior Boxes: Shelf stable items dried fruit, canned food, canned juices, cheese, etc. *

- Schedule: 1st & 3rd Fridays of month from 10:00am-2:00pm (come once per month)
- Service Area: Serving all of El Paso County.
- · Qualifications: 60+ and low income based on US Government chart.
- · How to apply: Apply at C4L on Friday when picking up food.

^{*} Food availability may change from week to week based on our suppliers

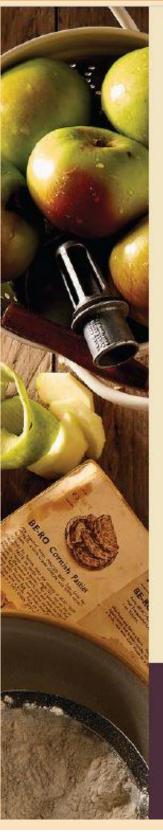


Door Dash has teamed up with Pikes Peak
United Way 2-1-1 and <u>Care and Share Food Bank</u>
<u>for Southern Colorado</u> to bring FREE food
delivery to Colorado Springs!

Call Pikes Peak United Way 2-1-1 to see if you're within the qualifying area and schedule your free food delivery!







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.



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







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/marianhouse-nutrition-services/

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



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





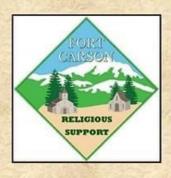
FORT CARSON RELIGIOUS SERVICES

SUNDAY

Agape (Contemporary) Abrams Elementary School 1000 Catholic Mass **Provider Chapel** 0900 & 1100 **General Protestant** Family Life Center 0900 Gospel Prussman Chapel 1000 Samoan **Veterans Chapel** 1100 MONDAY-FRIDAY **Daily Catholic Mass Provider Chapel** 1145 WEDNESDAY Non-Denominational Healer Chapel (inside Evans hospital) 1215

FRIDAY

Islamic Prayers Veterans Chapel 1315



QUESTIONS? CONTACT THE RELIGIOUS SUPPORT OFFICE: 719-526-5279.



The Fort Carson Samoan service will be on hiatus while the leaders travel to Samoa. Please note the schedule:

October 15: regular worship

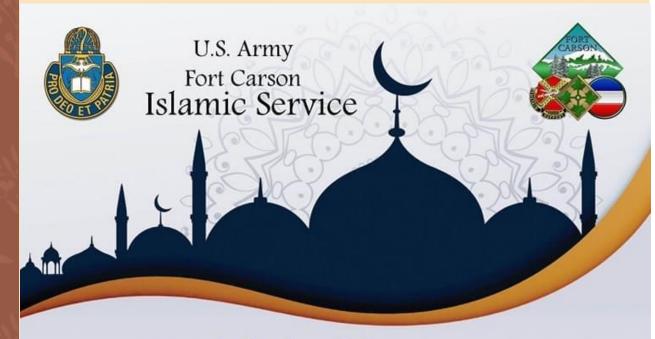
October 22-November 12: no service

November 19: return to regular service schedule









Jum'ah / Friday prayer

صلاة الجمعة

Time at 1315

Location: **Veterans Chapel** 6917 Titus Blvd, Fort Carson, CO 80913 (Building 2359)

Facebook: Fort Carson Muslims

For any question: Chaplain (CPT) Porter (304)840-4200 joshua.l.porter20.mil@army.mil

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

mohamed.h.khodeir.mil@army.mil



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

PASSIT ON COMMUNITY NEWSLETTER

*		NO	NOVEMBER 2023	3 2023		
72 Stindary	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Volunteer for Family Nights 1600-2000 @ Bldg. 1012	2 Study Board @ HUB 1600-1730	3 No DUI Program for MEDDAC Ball @ Double Tree Hotel 2000 – UTC	4 Concealed Carry Class Classroom @ HUB 0800-1300 Range @ Cheyenne Mtn Shooting Complex 1400-1600
5	9	7 BOSS General Rep Meeting @ The HUB @ 1500	8 Volunteer for Family Nights 1600-2000 @ Bidg. 1012	9 Study Board @ HUB 1600-1730	10 Veteran's Day Holiday Observed	11
12	13 DONSA	14 BOSS Senior Council Meeting @ The HUB @ 1500	15 Volunteer for Family Nights 1600-2000 @ Bldg. 1012	16 Study Board @ HUB 1600-1730	17	18 Overdrive Raceway 1130 – UTC
19	20	21 BOSS Rep Training @ The HUB 0930-1130	22	23 BOSS Thanksgiving @ SEC 1300-1600	24	25
26	27	28	29 Volunteer for Family Nights 1600-2000 @ Bidg. 1012	30 Study Board @ HUB 1600-1730		
Major BOSS Event Quality of Life Community Service Recreation & Leisure Life Skills		BOSS Lounge 6391 Chiles Ave, Bldg. 1511 Fort Carson, CO 80913 (719) 524-5202 Wed-Fri 1100 – 2000 Sat-Sun 1300 – 2000 DONSAs 1300-2000	BOSS Office @ The HUB 6371 Specker Ave, Bldg. 1532 Fort Carson, CO 80913 (719) 526-5347 M-F 1000 – 1600	НИВ . 1532 13		







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.



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





ASAP Location - New Building Bldg. 1218 (Second Floor) 1625 Ellis Street Fort Carson, CO 80913

These ASAP Specialists are assigned to work with your unit:				
1SBCT DIVARTY HHBN 4 SFAB	POC:	Vacant – contact Anthony McCollin	Anthony.j.mccollin.civ@army.mil	
2SBCT NORTHCOM SMDC	POC:	Norma Rivera 719-526-2710	Norma.e.rivera.civ@army.mil	
3rd ABCT 4 CAB	POC:	Albert Bush 719-526-9191	Albert.j.bush4.civ@army.mil	
627 HC MEDDAC/DENTAC/VETCOM 71 ORD 759 MP 4 EN Battalion 4SB	POC:	Susanne Watts 719-526-9283	Susanne.m.watts2.civ@army.mil	
10 SFG CID WCAP USAG All others	POC:	Anthony McCollin (Prevention Branch Chief) 719-526-5108	Anthony.j.mccollin.civ@army.mil	
Suicide Prevention Program		Cherll Paxton 719-526-0401	Cherll.paxton.civ@army.mil	
Program Manager		William Lana 719-526-2501	William.w.lana.civ@army.mil	

1. ASAP and SUDCC (Substance Use Disorder Clinical Care.) What is the difference?

On 1 OCT 2016, the Army's substance abuse counselors were reassigned from IMCOM to MEDCOM.

All substance use clinical counseling and treatment now belong to the Substance Use Disorder Clinical Care which falls under the Division of Behavioral Health. In many cases, these SUDCC counselors are collocated with their Embedded Behavioral Health teams. They are located in Bldg. 1830. Reach them by phone at (719) 526-7155.

2. What does the ASAP have to assist units on Fort Carson?

- Unit Risk Inventories (URI) an assessment of high-risk behaviors.
- Training/Education (General prevention education, targeted training, Colorado laws, etc.)
- · DUI Simulator goggles.
- · Breathalyzers for check out and unit use.
- · Consultations with command teams.
- Alcohol and Drug Abuse Prevention Training (ADAPT). A 4.5 hour version is available for higher risk populations.
- National Campaigns.
- Drug paraphernalia identification great idea for an LPD.
- · Invite us to your Safety Stand downs, Family Days and Organization Days.



ASAP Location – New Building

Location: Bldg. 1218, second floor. Street Address is 1625 Ellis Street, Fort Carson CO, 80913. Building 1218 is located at the Southeast corner of Wetzel Ave and Ellis St, just South of the Garrison Headquarters.

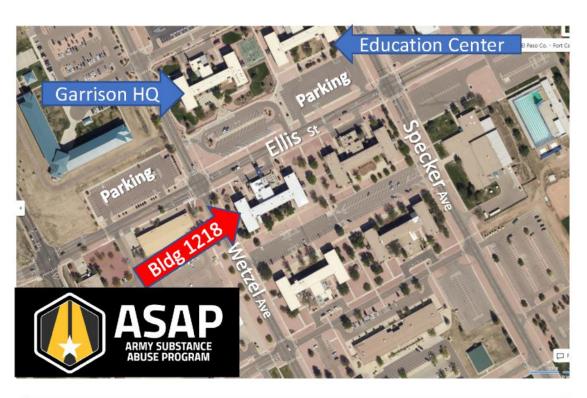
PARKING may be a challenge – plan ahead.

Beginning Monday, 27 March, ALL UA Specimen turn in will happen in Bldg. 1218.

Phone numbers will remain the same:

DTCP: 719-526-8407

ASAP Phone tree: 719-526-2727 (ASAP)



This does NOT affect SUDCC (where Soldiers go for screening and treatment). SUDCC will remain in Bldg. 1830, Mountain Post Behavioral Health Clinic.



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

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

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





Suicide Prevention





We serve our community by providing FREE services!

- FREE Individual Therapy
- FREE Peer Support Groups
- FREE Suicide Prevention Trainings
- FREE Postvention Services or Suicide Bereavement Support
- FREE 24/7 Peer Support
- FREE Teen Mentor Program

HELP THEM STAY





SCAN QR code or Use link to DONATE now: https://givepikespeak.org/nonprofit/pikes-peak-suicideprevention-parntership/





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 <u>usarmy.carson.imcomcentral.mbx.dhr-asap@army.mil</u>





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







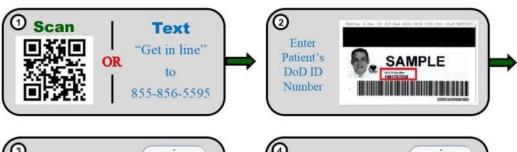


Soldier Family Care Center Pharmacy

1650 Cochrane Circ, BLDG 7503, First Floor (by Starbucks) Fort Carson, Colorado 80913 Pharmacy Phone: (719) 503-7067

No Line, No wait Prescriptions!

Q-Anywhere Mobile Rx Check-In: 855-856-5595









Q-Anywhere Mobile Check-in

- For NEW prescriptions picked up at the SFCC pharmacy on first floor (by Starbucks).
- Mobile Check-In Hours: 8 a.m.-4:30 p.m.
- · Tickets are valid only for the same day.
- For <u>refills</u> call (719) 524-4081

Important Tips:

- Mobile check-in is for <u>NEW</u> prescriptions at the SFCC Pharmacy entered within the last seven days. For refill requests call (719) 524-4081.
- Mobile check-in for same day pick up is available from 8 a.m. to 4:30 p.m.
 MDT. If you come in on a different day, please pull a ticket at the kiosk.
- You may receive a status notification under certain conditions (e.g., prescription is too soon, prior authorization required, provider clarification needed, prescription not found).



PASS IT ON COMMUNITY NEWSLETTER





PASS IT ON COMMUNITY NEWSLETTER



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





- 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: 13-13 year olds (12 & in Middle School is ok)

When: 1st Saturday every month (0830-1700)

Where: Fort Carson Youth Center

TO REGISTER:



Parent Central Services — 719-526-1101 Youth Center — 719-526-2680

(class size limited to 15)









COMMUNITY NEWSLETTER ASS IT ON

SKI & SNOWBOARD EXPO



Fort Carson MWR

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



Gear and discounted items for sale



SEASONAL GEAR RENTAL Kickoff Nov. 2 7 a.m. - 7 p.m.



(719) 526-1993





(719) 526-1993

Advance tickets are suggested. \$10 for Adults and \$5 for kids 12 and younger. Outdoor Recreation, BLDG 2429.



October

Climbing Wall Orientation 6 - 8 p.m. \$25

October 28

Full Moon Bike Ride 6 - 9 p.m. \$25

November 4

Ski Expo 10 a.m. - 2 p.m.

October 6

MOAB and Arches National Park, Utah \$485

November 2

Seasonal Ski/SB Rental Kick Off Day 7 a.m.-7 p.m.

November 9

Lead Climbing 6 - 8 p.m. \$35

November 30

Crack Climbing 6 - 8 p.m. \$35

October 27

Yappy Hour 4 - 6 p.m. FREE

November 8

VIP Night 5:30 - 7:30 p.m. \$10

November 16

Climbing Wall Orientation 6-8 p.m. \$25





More Events and Info at

ARMYDDDE







All information subject to change

TLead in Modernizing and Innovating to be the premier installation to work, live, train, and

Movement & Mobility Group Exercise Class

Ivy Fitness Center Room 203

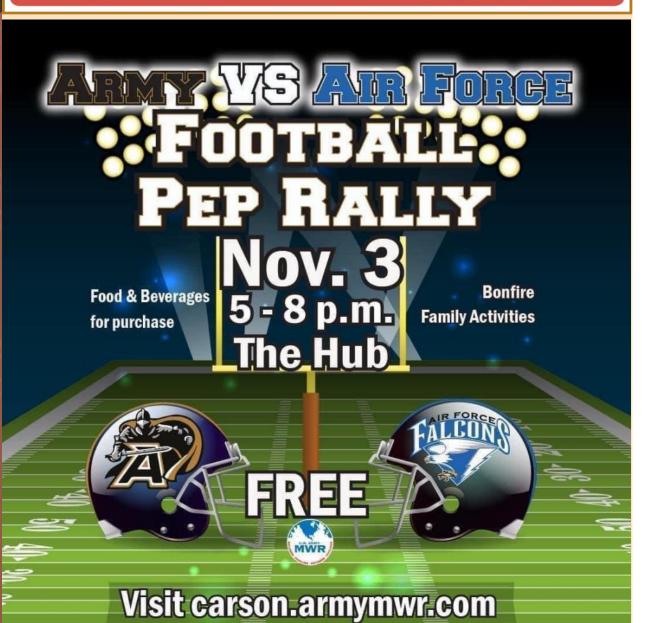
Mondays 9 - 10 a.m.













INTRAMURAL SPORTS OFFERS OPEN PICKLEBALL AT SPECIAL EVENT CENTER

OCT. 13 - NOV. 24 FRIDAYS, 9 A.M. - 3 P.M.

FREE

NO REGISTRATION REQUIRED

SPECIAL EVENT CENTER BLDG.1829



CALL INTRAMURAL SPORTS AT: (719) 526 - 7585 FOR MORE INFORMATION.









"Lead in Modernizing and Innovating to be the Army's premier installation to work, live, train, and thrive!"







Fort Carson MWR





"Lead in Modernizing and innovating to be the Army's premier installation to work, live, train, and thrive!"



Waller Physical Fitness Center 6946 Magneth Ave., Building 2357 Fort Cersion, CO 80913

(719) 526-2742





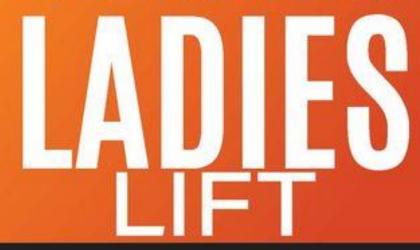
First Saturday Of the Month

8:30-9:30 a.m.

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

WALLER FITNESS CENTER

\$3 per class First Class Free





Fort Carson MWR







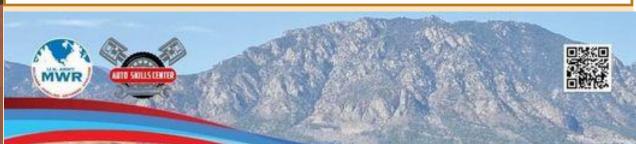




Questions? Call 526-2742



PASS IT ON COMMUNITY NEWSLETTER



Do you need more time to complete your project?

AUTO SKILLS SUPER SATURDAYS!



This event will coincide with the Federal Holiday if that month has one or we choose a day for this event to occur.



Come Consign Your Erafts

on Fort Carson at

TUMBLEWEEDS AT THE MOUNTAIN POST

If you are Active Duty, a Military Spouse or Dependent, Retireed 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 Comminity 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.





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.

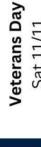


00





USO Colorado



SATURDAY

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

SUNDAY

Teddy Bear Club

 Image: section of the content of the

W

Happy Thanksgiving



Tues 11/14 Sat 11/11

Thurs 11/23

见

0







THE SALVATION ARMY

Angel Giving Tree Registration

STARTING

OCTOBER 17, 2023

ONLINE AT

SAANGELTREE.ORG

Your "Invitation Code" is your Zip Code.

Space is limited and spots fill quickly.



You will need to upload a picture or copy of your ID, a birth certificate for each child, and proof of El Paso County residency.

The Salvation Army 908 Yuma Street Colorado Springs, CO 80909

HelpColoradoSprings.com 719.636.3891





American Education Week

FORT CARSON EDUCATION CENTER 14 - 16 NOV 23

University of Colorado Colorado Springs

PRESENTS

ANTENNA AND RADAR **TECHNOLOGIES FOR MILITARY** APPLICATIONS

Dr. Heather Song **NOVEMBER 14** 1300 **ROOM 209**

> Come have lunch and vote in our chili cookoff @ 1100! **Nov 14**

University of Colorado Colorado Springs

PRESENTS

CYBERSECURITY RESEARCH: VISION, EXAMPLE **RESULTS, AND FUTURE** DIRECTIONS

Dr. Shouhuai Xu **NOVEMBER 15** 1300 **ROOM 218**

LAW ENFORCEMENT SEMINARS

US Secret Service Ricardo Flores **US Customs and Border Protection** Richard Santos **El Paso County Sherriff's Office** Sergeant Jennifer

NOVEMBER 16 1300 and 1400 Classroom 209





CONTACT US

@ 719-526-2124 **©**

1675 Long St., BLDG 1117 facebook.com/ Fort Carson, CO 80913

FortCarsonArmyED



COOKING **MATTERS** AT HOME

Cooking Matters at Home has eight sessions that can be offered in either 30 or 60 minute lengths. Cooking Matters at the Store is also available online as a 60-minute session All sessions can be offered on their own or as part of a series.



Kids Say Yes to Fruits & Veggies

This session will discuss pros and cons of using different forms of fruits and vegetables, how to prepare meals and snacks that help kids eat more fruits and vegetables, and share ideas for helping kids enjoy more fruits and vegetables.



Making Recipes Work For You

This session will discuss how to substitute ingredients in recipes, practice using recipe frameworks, and share meal ideas that allow each family member to choose the toppings or ingredients that they enjoy.



No More Mealtime Madness

This session will introduce fundamentals of maintaining a basic pantry and discuss ways to involve kids in the meal planning to create more buy-in at mealtime.



Hack Your Snack

This session will share tips for saving time when buying and preparing healthy snacks, practice making healthy, homemade snacks, reading food labels, and identifying healthier choices when choosing prepackaged snacks, and practice comparing unit prices to save money.



The Family Kitchen

This session will prepare caregivers to work together with kids in their care to discuss safe, ageappropriate tasks for kids in the kitchen, practice preparing meals or snacks with child-friendly steps, and make healthy meals and snacks that everyone will enjoy.





This session will discuss how to use everything that you have (or have access to), practice using 'hard to utilize' ingredients in a variety of recipes, and discuss how to save foods that you can't use right away and how to limit food waste with children while still introducing new foods.



Drink To Your Health

This session will discuss how sugary drinks impact health and describe how to make and taste a variety of healthy beverages at home.





This session will discuss infant feeding options including the safe introduction of solid foods, different food preparation methods that can be adapted for infants at different developmental stages, and practice preparing age-appropriate infant foods alongside recipes for the whole family.

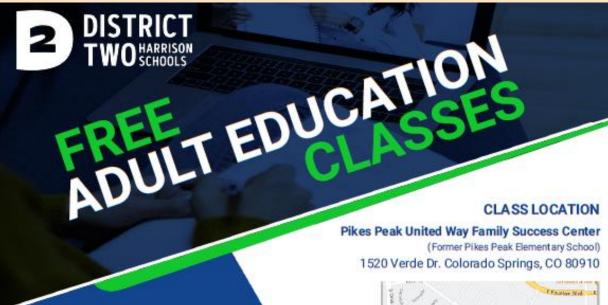


Cooking Matters at the Store: Shopping on a Budget

prices, reading food labels, and reading ingredient labels to find whole grains.



PASS IT ON COMMUNITY NEWSLETTER



CLASSES & SERVICES

- English as a Second Language
 Develop English communication skills for work, school, and community involvement.
- High School Equivalency Readiness: GED (Reading & Writing, Social Studies, Math, and Science)
- Career Readiness
 Set your career goals, develop workforce skills, and gain industry certifications.

CLASS SCHEDULE

September 2023 - December 14, 2023 January 8, 2024 - May 22, 2024 *** Classes scheduled between 8:30 a.m. - 8:00 p.m.

Consistently attend a 3-hour class, 2 days a week.

- Monday & Wednesday, OR
- Tuesday & Thursday

Viviana Lucero (English or Spanish)

dlucero@hsd2.org (719) 579-2130 (719) 407-2941 (Text)

QUESTIONS?

Dr. Masako Kikuchi mkikuchi@hsd2.org (719) 579-2131



ORIENTATION & TESTING

Sign up now for orientation and placement testing (3 hours).

Visit www.hsd2.org/AdultEd to fill out the form OR call Viviana at (719) 579-2130 (English or Spanish).

For more information, please visit our website.





PASS IT ON COMMUNITY NEWSLETTER



LUGAR DE CLASES

Pikes Peak United Way Family Success Center
Antes Pikes Peak Elementary School)
1520 Verde Dr. Colorado Springs, CO 80910

1520 Veide bi. Cololado Springs, CO 809 II

CLASES Y SERVICIOS

- Inglés como Segundo Idioma
 Desarrolle su habilidad de comunicarse e
 - Desarrolle su habilidad de comunicarse en inglés para su trabajo, escuela, y participación en la comunidad.
- Preparación para Equivalencia de Secundaria: GED (Lectura, Estudios Sociales, Matemáticas y Ciencias.)
- Preparación para su Carrera
 Establezca sus objetivos profesionales, desarrolle habilidades laborales y obtenga la certificaciones necesarias para su vida laboral.

HORARIO DE CLASES

Septiembre 2023 - Diciembre 14, 2023 Enero 8, 2024 - Mayo 22, 2024 *** Horario disponible entre 8:30 a.m. - 8:00 p.m.

Asista regularmente a una clase de 3 horas, 2 veces a la semana

- Lunes y Miercoles o
- Martes y Jueves.

Orientación y Evaluación

Inscribase ahora para orientación y evaluación (3 horas). Visite la página web: www.hsd2.org/AdultEd para llenar el formulario o llamar a Viviana al (719) 579-2130 (Español o Inglés).

Por mas informacion por favor visite nuestra website:



PREGUNTAS?

Viviana Lucero

dlucero@hsd2.org (719) 579-2130 (719) 407-2941 (Texto)

> Dr. Masako Kikuchi mkikuchi@hsd2.org (719) 579-2131





LET'S CELEBRATE AND GIVE THANKS!

TURKEY AND FARMERS MARKET GIVEAWAY





November 18th 12pm-3pm 3175 S Academy Colorado Springs Colorado 80916



COLORADO SPRINGS HEALTH FOUNDATION





VETERANS DAY PARADE WATCH PARTY



8 A.M. TO 12:00 P.M. UCCS DOWNTOWN

Veterans Day (November 11th) is right around the corner, and UCCS wants to pass on an exciting (and free) opportunity to their partners. This year marks the 50th anniversary of the end of the Vietnam War and they are hosting a very special guest next week, Janine Sijan-Rozina. Janine is the sister of Captain Lance Sijan, an Air Force Academy graduate and pilot whose plane went down over Vietnam on November 9, 1967. He was badly injured but managed to crawl through the jungle for more than six weeks before being captured and taken to a Prisoner of War camp. He died in captivity on January 21, 1968, in the Hoa Lo prison camp. Capt. Sijan's family was presented with the Medal of Honor eight years later when his story was told by the surviving POWs he was imprisoned with. Janine travels the world telling Lance's story of resilience and grit in the face of impossible circumstances. UCCS invites you to attend the documentary about Capt. Sijan's life, "Sijan", Thursday, November 9th, in Centennial Room 203 on the UCCS campus. A trailer for the documentary can be viewed here. Doors open at many can be viewed here. <u>6 p.m.</u> To reserve your seats and receive parking instructions, please register here.

They'd also like to invite you to join them at UCCS Downtown this Saturday, November 4th, to watch the Veterans Day Parade! https://cvent.me/LN5N02







Have you been looking for a marriage retreat that's no cost to attend? The Center for Relationship Education has scheduled Couple's Workshop and Retreat's for the next year with spaces for military couples to attend free of cost! Slots are limited, register today to attend HERE!





PASS IT ON COMMUNITY NEWSLETTER



Rocky Mountain Veterans Advocacy Project is here to provide legal advocacy services to assist with:

- VA disability benefit compensation cases
- · Board of Veterans' appeals
- Court of Appeals for Veteran Claims
- Discharge Upgrade Cases
- Family Law, Wills, Trusts and Estates (* Dates Available)

Our licensed attorneys are here to help. Visit us at Mt Carmel Veterans Center, Fridays 10am - 2pm

Or visit us at RMVAP.org | 720-253-0963

- July 14
- August 11
- August 25*
- September 8
- September 22*
- October 13
- October 27*
- November 17*





PASS IT ON COMMUNITY NEWSLETTER











RESILIENCE AND WELLNESS SUMMIT

COURAGE, COMPASSION AND CONNECTION

FRIDAY, NOVEMBER 3RD, 2023

8:00AM-4:00PM

Purpose: Bringing the community together to acquire health and wellness skills.

This community event will include presentations, group discussions and resource information for community organizations.

Event Location:

The Antlers a Wyndham Hotel 4 S. Cascade Ave, Colorado Springs, CO 80903

Open to Military, Veterans, First Responders and their Families plus, the Community

Reservations required Free Admission

Scan to register







TAP COMBINED MINI HIRING EVENTS & RESOURCE FAIRS

MEET OVER 50 EMPLOYERS, RESOURCES & CSP PARTNERS!

October 12th, 2023

January 18th, 2024

April 25th, 2024

June 20th, 2024

August 29th, 2024

Elkhorn Conference Center (ECC) 1725 Woodfill Road, Building 7300 Fort Carson, CO 0900-1200

EMPLOYERS , RESOURCES AND CSP PARTNERS <u>MUST</u> REGISTER WITH THE TAP CENTER.

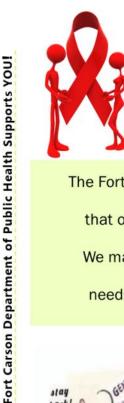
NO EXCEPTIONS! JOBSEEKER REGISTRATION IS NOT REQUIRED.







PASSIT ON COMMUNITY NEWSLETTER



HIV PrEP and STI Services in Your Community



The Fort Carson Department of Public Health has a confidential clinic that offers STI & HIV testing and HIV PrEP medical management.

We make it easy for you to get the supported care for your LGTBQ needs! Please call to schedule an appointment—719-526-9929

SENTAL WASS GONOFFINDER CHAPTER SUPPLIES

NEW walk-in hours: Monday—Friday 0730-1100 @ Fort Carson Dept. of Public Health

Resources/Recursos for LGTBQ needs:

Mental Health— Military One Source 800-342-9647, in CRISIS text 838255, FREE resource 866-615-6464

Advocacy Salud Family Health Centers 303-444-6121

<u>STI/HIV Testing Centers</u>— El Paso County, CO Health Department 719-575-8500

Support Centers- Colorado Health Network, 719-578-9092

Fort Carson Public Health—719-526-9929, 719-524-4156

La Gente Program at Servicios de la Raza- 303-953-5902

Veteran Affairs (VA) Mental Health Resource 800-799-4889

Youth or Pediatric HIV/STI resources- visit Children's Hospital Colorado, Parent support program at www.childrenscolorado./

aboutHIV -prevention.org or call 800-624-6553

Servicios de PREP y ITS para el VIH en su comunidad







PASS IT ON COMMUNITY NEWSLETTER

2-1-1 Colorado
Get Connected. Get Help.
Serving all Colorado
communities.



CONNECT TO HELP WITH

MENTAL HEALTH,
EMPLOYMENT,
COUNSELING,
RENT ASSISTANCE,
TRANSPORTATION,
ADDICTION,
CHILD CARE,
PARENTING...

THOUSANDS OF RESOURCES.
ONE CALL.

2.1.1

Get Connected. Get Help.™



PASS IT ON COMMUNITY NEWSLETTER

Be Herd Fort Carson and the Surrounding Community Wellness Open to the public at NO-COST for people to find connection and community among StableStrides' herd of therapy horses. Colorado Springs



PASSIT ON COMMUNITY NEWSLETTER



Rocky Mountain Veterans Advocacy Project is here to provide legal advocacy services to assist with:

- VA disability benefit compensation cases
- Board of Veterans' appeals
- Court of Appeals for Veteran Claims
- Discharge Upgrade Cases
- Family Law, Wills, Trusts and Estates (* Dates Available)

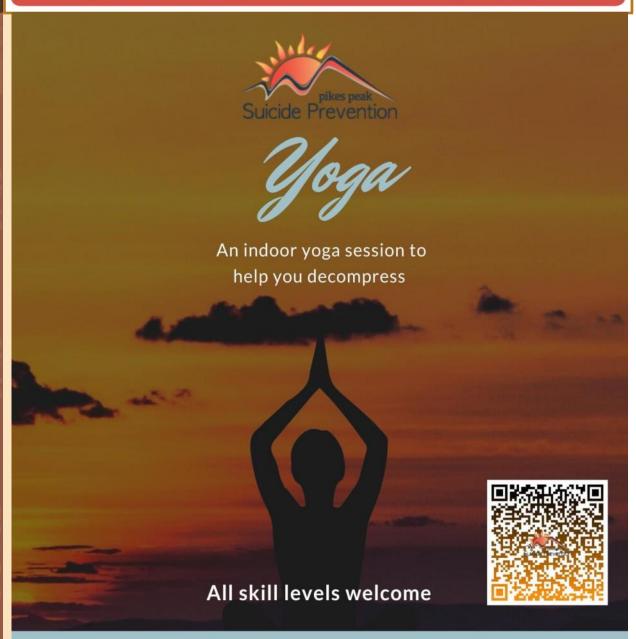
Our licensed attorneys are here to help.
Visit us at Mt Carmel Veterans Center, Fridays 10am - 2pm

Or visit us at RMVAP.org | 720-253-0963

- July 14
- August 11
- August 25*
- September 8
- September 22*
- October 13
- October 27*
- November 17*





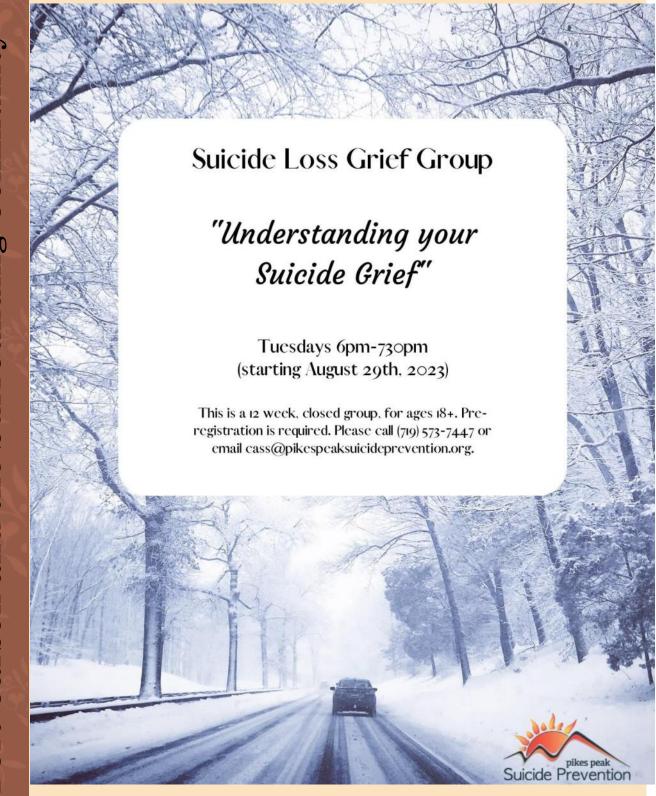


The 4th Saturday of each month from 8:30am-9:30am

Led by yoga guide Jess Chamberlain, yoga lets participants draw inspiration from their hardships to deepen their practice.

Call 719-573-7447 go to www.pikespeaksuicideprevention.org to register







MHS GENESIS Patient Portal

Modern. Secure. Connected.



Come join us for our monthly MHS Genesis Patient Portal training and Q&A sessions available to all EACH staff and beneficiaries.

LOCATION:

Evans Army Community Hospital Barton K. George Hall (BKG) Room 1018

DATES/TIMES:

Jul 31, 2023	1200-1300
Aug20, 2023	1200-1300
Sep 11, 2023	1200-1300
Oct 09, 2023	1200-1300
Nov27, 2023	1200-1300
Dec11, 2023	1200-1300

A NEW WAY TO MANAGE YOUR HEALTH

- DS Login Process
- Patient Portal Features such as exchange secure messages, schedule appointments, request prescription renewals, access notes, labs, and medications, and completing forms online before scheduled appointments.
- Update medical history information such as medications, allergies, and etc. as needed by using Clipboard.





RESOURCES AND REFRESHMENTS

3RD TUESDAY OF THE MONTH

5:00 PM - 6:00 PM

Military connected and free to attend!

Join us on the 3rd Tuesday of the month in our community room for socializing and snacks while connecting with others and learning about resources available in the community for veterans and individuals transitioning out of service.

THE STEVEN A MILITARY FAMILY CLINIC AT RED ROCK
1915 AEROTECH DR STE 114 COLORADO SPRINGS, CO 80916







The Steven A. Cohen Military Family Clinic

at Red Rock



MILITARY CONNECTED PLAY FREE

MINI GOLF TUESDAYS

1ST TUESDAY OF EACH MONTH

Location: Lost Island Mini Golf 1825

Dominion Way, Colorado Springs, CO 80918

Time: 5:00pm-6:30pm

Questions/RSVP: Abanovz@red-rock.com

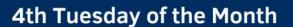
Registration is highly encouraged

http://bit.ly/CohenClinicCOGolf



Fort Carson and the Surrounding Communi





(9am - 11am

Equestrian Tuesdays



Military connected and free to attend!

Join us on the 4th Tuesday of the month at the USAFA Equestrian

Center to enjoy a beautiful mountain setting and spend quality

time with horses while connecting with other veterans and
individuals transitioning out of service.

Location:

USAF Academy Equestrian Center 7067 Cottonwood Drive USAFA, Colorado 80840

Reach out to Alex with questions
Abanovz@red-rock.com
Registration is highly recommended





PASSIT ON COMMUNITY NEWSLETTER



Help your kid be exactly who they are.

No-cost, judgment-free workshops for parents, guardians, teachers, social workers, and others!







Mondays starting September 18, 6-8:30 p.m. Downtown Colorado Springs*

*Exact location provided upon registration

NAMI Homefront is a **free**, 6-session educational program taught by family members who support loved ones with mental health conditions within a military family.

- Confidential & safe
- Peer led conversations around mental health in the military
- Become a part of a supportive and connected community









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.









220 RUSKIN DR. COLORADO SPRINGS, CO 80910 8:30 a.m. to 4:30 p.m.

May 11 - 12, 2023

1795 JET WING DR. COLORADO SPRINGS, CO 80916

8:30 a.m. to 4:30 p.m.

mber 20 - 21, 2023

October 18 - 19, 2023

November 15 - 16, 2023

Grant funded. 12 CEUs available. Registration required.

Applied Suicide Intervention Skills Training (ASIST)

This intensive two-day workshop teaches participants intervention skills to help a person who is having thoughts of suicide. It is beneficial in both professional and personal situations.

Participants will:

- Explore how personal beliefs about suicide impact an intervention.
- Learn how to connect with a person with thoughts of suicide, help the person discover their life connection, and support them as they and develop a safe-for-now plan.
- Thoroughly practice new skills in order to become more ready, willing and able to support life.

REGISTRATION



Email: karen.morgan@diversushealth.org or covidresponse@diversushealth.org









Healthy Transitions Group

A group for Active Duty Service Members who may be in the transition process, questioning their gender identity, or seeking support and resources.

WHO: This group is appropriate for ADSM's in all phases of social or medical transition. This is an open group with ongoing admission.

WHERE: Mountain Post Behavioral Health Clinic, BLDG 1830, 6541 Specker Ave, Fort Carson, CO 80913

WHEN: 1st and 3rd Thursdays of every month, 1500-1630

Clinic Phone Number: 719-526-7155

For more information please contact Dr. Healey at (719)-524-5664 / Kellylynne.e.healey.civ@health.mil or Dr. Bergeron at (719)-524-3508 / Derek.p.bergeron4.civ@health.mil



PASS IT ON COMMUNITY NEWSLETTER

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

Click HERE!





A 5 AÑOS

CPCDHEADSTART.ORG

BIRTH TO 5





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

All groups

are

FREE

Snacks and drinks provided

Registration

required



... HEARTBEAT SUICIDE LOSS SURVIVOR GROUP

Fridays 6-7pm

*This is an adult suicide loss grief group

www.pikespeaksuicideprevention.org

info@pikespeaksuicideprevention.org



CONTACT US

719-573-7447

704 N Tejon St

Colorado Springs, CO, 80903





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.