

New Parent Support Program



Strong Families Start Here

The New Parent Support Program at Fort Carson is dedicated to helping you and your family thrive. Our professional and caring team has extensive knowledge of the challenges military parents face. We're here to empower you with the tools and support you need.

Classes

- **Boot Camp for New Parents:** covers everything from practical baby care to emotional wellness. 1st & 3rd Tuesday of every month, 0800-1600
- **Fathering for Life:** a confidential and supportive program designed exclusively for soldiers who are committed to building strong and healthy relationships with their children. Every Wednesday, 1530-1700
- **Heart at Home:** an innovative course with essential information and skills necessary for parents to provide a safe and healthy environment for their children. 2nd Tuesday of every other month, 0900-1130
- **Baby Sign Language:** a tool that can be the key to your babies' thoughts and the springboard for future language development. This class offers different signs and lessons each session. 4th Tuesday of every month, 0900-1100
- **Connect & Play:** Connect & Play: Our Playgroup will help you support your child's development and help you feel confident as their first teacher. In a warm supportive setting you and your child will enjoy engaging activities while you learn about development milestones and effective parenting practices. Monday 0930-1100

Let us help you:

- Cope with the stress and isolation that can come with being a new parent.
- Handle the unique demands of military life, including post-deployment reunions.
- Gain confidence and find joy in your new role as a parent.

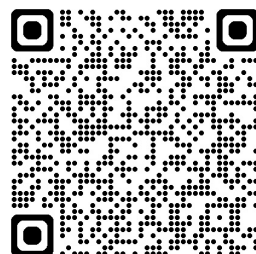
Visit with us:

ACS Annex

1481 Titus Blvd. Bldg 7492
Fort Carson, CO 80913
719-526-0461

Scan to:

Register for upcoming classes and events



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

