

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

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.



Give us a call at (719) 526-4590

Visit our webpage at: carson.army.mil/ACS

The "Pass It On" is available online at:

<https://carson.armymwr.com/programs/community-information-newsletter-pass-it>

18 August 2021

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Army Emergency Relief Applications

**AS OF AUGUST 15, 2021,
ALL AER APPLICATIONS
WILL BE DONE THROUGH
THE WEB PORTAL.**



To view the application step-by-step instructions, scan the QR code or visit the following link:
carson.armymwr.com/AER



If you are requiring AER assistance for **EMERGENCY TRAVEL OR FUNERAL COSTS**, please view the online AER application instructions and then call the AER office at (719) 526-4783 for further guidance.

If ACS/AER is closed, then please call the American Red Cross at 1-877-272-7337.

To learn more about how AER can help you, visit our Army Community Service Army Emergency Relief webpage

[HERE!](#)

Army Volunteer Corps

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36TH SPACE SYMPOSIUM SPACE FOUNDATION

VOLUNTEER OPPORTUNITY

AUGUST 23-26, 2021

LOVE SPACE?

Be part of the premier global gathering of space professionals, across all sectors of the space industry, and community.

BROADMOOR HOTEL
Volunteer opportunities range from supporting registrations, to entry control & zone leads. Morning, afternoon, and evening shifts available.

CONTACT
Jennifer Walters
719.576.8000
jwalters@spacefoundation.org

INDIVIDUAL OR GROUP VOLUNTEERING OPPORTUNITIES AVAILABLE.
VISIT SPACESYMPOSIUM.ORG

To learn more about the Army Volunteer Corps and volunteer opportunities, visit our webpage [**HERE!**](#)

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VOLUNTEERS NEEDED

Pikes Peak Group of Colorado Mountain Club

Organization: Pikes Peak Group of the Colorado Mountain Club (PPG). The PPG has been in CSprgs since 1919 offering hiking along with many other year-round activities and classes for members to safely enjoy the outdoors. The PPG has been maintaining the A-Frame (AF) for the Forest Service since 1999. It was built in 1964. In its tree line location on the east side of Pikes Peak the weather can be brutal.

Who: Looking for any Volunteers to assist in this very beneficial endeavor as we repair this little building by replacing the roof, some 2 x 6 x12' & 14' structural supports and a new paint job inside and out.

What: Volunteers to carry shingles, lumber and tools from the top of Pikes Peak, 14,115 ft down approx. 3 miles on Barr Trail to the AF at 11,600. Each shingle bundle weighs approx. 80 lbs so they will need to be separated into smaller partials. There are about 13 bundles. Also have 8 - 2 in X 6 in X 12 ft or 14 ft length boards. Whatever amount of these supplies we can get transported will be a tremendous help. We'd like to get all supplies located at the AF before beginning construction. After construction there will be a need to bring shingle debris back to the top of Pikes Peak for disposal.

Where: We will arrange for vehicular passage and parking at the top of Pikes Peak. We will be carpooling from Colorado Springs. Contact the POC.

When: On Going project

Point of Contact: Dean Waits, dwaits24@gmail.com < Caution-mailto:dwaits24@gmail.com >

To learn more about the Army Volunteer Corps and volunteer opportunities, visit our webpage **HERE!**

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VOLUNTEERS NEEDED

Care and Share Food Bank for Southern Colorado Mobile Food Pantry

Organization: At Care and Share Food Bank for Southern Colorado, our core purpose is to bridge the gap between hunger and abundance. Our mission is to provide food, partnering opportunities, and education to fight hunger and food insecurity in Southern Colorado. Our vision is a hunger free Southern Colorado. We reach 97% of people struggling with hunger by engaging our partners and communities with our mission.

Our Mobile Food Pantry trucks are sent to low-income neighborhoods in rural communities to distribute food directly to people in need where human service agencies are too small to accommodate large quantities of food or where no agencies exist. We need your help to set up the mobile food pantry and distribute food.

Who: 25 volunteers are needed. Age: 9 and older.

What: Volunteers help set up tables, bag produce, stage food on tables prior to the start of distribution. Distribute food equitably so that all the food is gone at the end of distribution. Handle and distribute the food safely. Tear down tables, clean up trash, and ensure area is clean before leaving. These distributions occur outdoors, please dress accordingly. Closed-toed shoes are required.

Where: 350 Lyckman Drive. Fountain, Colorado 80817 (Peak Vista parking lot)

When: Second Friday of each month. 8:30am-10:30am.

Why: Care and Share Food Bank serves over 220,775 neighbors across 21 counties. We distribute over 25 million pounds of food annually. We rely on the help from 17,000 volunteers to help serve their neighbors in need. Our Mobile Food Pantries are a wonderful way to directly serve the individuals that we help nourish.

Point of Contact: Brittany Smith, Volunteer Engagement Manager. Phone: (719) 418-4295. Email: Brittany@careandshare.org

Several other volunteer activities are available in Colorado Springs, Fountain, and Pueblo. Please contact Brittany to inquire about and sign up for other opportunities.

To learn more about the Army Volunteer Corps and volunteer opportunities, visit our webpage [**HERE!**](#)

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VOLUNTEER NEED



ORGANIZATION: Warriors Warehouse is a redistribution Center for household items donated by businesses to giveaway Free to our E5 and below in all branches of the service in Colorado Springs.

WHO: Any person with free time that have access to Ft Carson. Age can be a teen that needs volunteer hours. Any spouse/retiree that would like to volunteer and meet some new friends.

WHAT: Volunteers will help sort thru merchandise that is received from businesses and help unpack it. Organize, fold and sort linens then bound with tape. Once folded you will help fill the shelves in the shopping area or storage area. Help organize and make food banks for referrals.

WHERE: 5769 Wallace Street, Fort Carson Co bldg 1045, Warriors Warehouse

WHEN: Recurring on Tuesday, Wednesday and/or Thursday 9:00 till 1:00. Hours can be less but at least 2 hours required.

WHY: To help prepare merchandise for our soldiers to chose from for their homes or barracks rooms for Free.

POINT OF CONTACT: Donna Swanson, Warriors Warehouse Director 402-659-8755 or come by 5769 Wallace Street, Fort Carson, Co bldg 1045 Monday 9:00-1100, Tuesday, Wednesday and Thursday 9:00 till 1:00. Or email ww.ftcarson.1045@gmail.com, or visit our Facebook page at Warriors Warehouse and the Redistribution Center, Inc.

To learn more about the Army Volunteer Corps and volunteer opportunities, visit our webpage [**HERE!**](#)



VOLUNTEERS NEEDED!

AT TURKEY CREEK RANCH

15300 Turkey Creek Lane
Fort Carson, CO 80913

Turkey Creek Ranch is owned by Fort Carson and used by the Fort Carson Mounted Color Guard to host events and keep our 23 military working equine.

FLEXIBLE DAYS AND
TIMES

SINGLE OR GROUP
VOLUNTEER
OPPORTUNITIES
AVAILABLE

SCHEDULE A UNIT
VOLUNTEER DAY WITH
US

ENJOY TIME
OUTSIDE

BUILD COHESIVE
TEAMS AND
FAMILIES

CONTACT:

1LT Anne Maffey at
anne.a.maffey.mil@mail.mil
or
717-829-9193

To learn more about the Army Volunteer Corps and volunteer opportunities, visit our webpage [**HERE!**](#)



VOLUNTEERS NEEDED!



ORGANIZATION: The Pikes Peak Marathon is the 2nd longest running marathon in the U.S. This regional tradition, which brings international runners from across the world along with American elite runners and many local enthusiastic runners, will continue for its 67th run this year.

WHO: Approximately 12 volunteers, age 18 and older

Wear comfortable clothing and be prepared for Colorado's continuously changing weather. Volunteers will be given a Pikes Peak Marathon volunteer shirt, and all volunteers will be required to wear a face mask and wear gloves, if appropriate. The Marathon will meet all health and safety COVID-19 requirements as required by state and local health organizations.

WHAT: Volunteers are needed to assist with logistics associated with race activities. These duties include monitoring volunteer parking, monitoring street access, distributing water and snacks for runners' recovery, distributing face masks, etc.

Where: Volunteer check-in at Manitou Springs Memorial Hall, 606 Manitou Ave. or Soda Springs Park, 35 Park Ave.

WHEN: Sunday, August 22, 2021 from 5:00 am - 5:00 pm with various shifts dependent on volunteer duty. Lunch will be provided.

WHY: Support the iconic Pikes Peak Marathon; the 26-mile foot race up and back down America's mountain. Proceeds are donated to various non-profit organizations.

POINT OF CONTACT: Bernie Redlinger, Pikes Peak Marathon Volunteer Coordinator, ppvolcoord@gmail.com, 719-337-3006

To learn more about the Army Volunteer Corps and volunteer opportunities, visit our webpage [**HERE!**](#)

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Tropical Luau

Directorate of Family and Morale, Welfare and Recreation (DFMWR) presents the Tropical Luau 5k Aug. 27 from 4-7 p.m. at Pershing Field. The Tropical Luau 5k and 1 mile Guppy Run includes not only the races, but entertainment, too. There will be authentic Polynesian dancers with fire and musicians, hair braiders, caricature artists and more. There are three different tickets to enjoy this race which comes with pool access, food, beverages and entertainment. For more details and registration, visit <https://www.eventbrite.com/e/tropical-luau-5k-tickets-159167992751>. For more information, contact Rebecca Baden at Catherine.r.baden.naf@mil.mil.

Garcia Gym Closure/Renovations

Garcia Fitness Center will close for renovations July 31 and is tentatively scheduled to reopen Jan. 10. Updates include installation of shower stalls in men's locker room, new flooring and turf lane in the main functional fitness room and general beautification of the entire facility.

Catholic Religious Education

Catholic Religious Education registration for the fall has begun. Religious education classes are offered to children ages kindergarten students and up and to adults. The Religious Support Office also offers Sacramental preparation programs for Baptism, First Communion, Confirmation and RCIA for adults interested in joining the Catholic faith.

Classes will be held on Sunday mornings from 10:10-10:55 a.m. Classes will be held in person this year. Registration is required. Register by contacting Patria.a.treacy2.civ@mail.mil or call 719-524-2458.

AAFES Food Truck

Units or organizations can request the Army and Air Force Exchange Service food truck coming to their location by calling the Exchange Services Office at 719-576-6182.

COVID-19 Information

To see the latest information on Fort Carson's measures to prevent the spread of COVID-19 and for frequently asked questions and other information on the pandemic, visit <https://www.carson.army.mil>. To ensure the most current page is viewed, refresh the internet browser by pressing the "Control" and "F5" keys.

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Art in the Park

Directorate of Family and Morale, Welfare and Recreation (DFMWR) will conduct Art in the Park at Iron Horse Park Oct. 2 from 10 a.m. to 2 p.m. Art in the Park will consist of art vendors, craft vendors, music, entertainment and food and beverages for purchase throughout the event. This event is open to DOD ID card holders. Come enjoy family fun, art and a variety of foods at the food truck rally. Art vendors and merchandise vendors. This is also a great opportunity for Soldier and Family Readiness Groups and units to join in. If interested in attending as a vendor, contact Brandy Foe at brandy.a.foe.naf@mail.mil or 719-237-9081.

Fort Carson TAP Events

Fort Carson – Transition Assistance Program (TAP)

In preparation for future hiring events, TAP and Pikes Peak Workforce Center are offering “Make the Hiring Event Work for You” Sept. 13 from 10 a.m. to noon. To register for this workshop, contact the TAP Center at 719-526-1001/1002. These events will be held in the Fort Carson – TAP Center, building 6237.

Keep up to date with local events and deals with the



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Mountain Post Living Welcome for Spouses & Families



Welcome to Fort Carson.
You are invited to our Mountain Post Living Welcome for Spouses and Families. You'll meet other new spouses, get "insider tips" from spouses familiar with the area and have an opportunity to ask questions about your new home.

Every 3rd Friday
of the month

ACS
Class Highlight

Federal Resume & USAJobs.gov



Searching and applying for federal jobs is different than the civilian job search process. ERP will give you tips and hints on how to make the most of your job search and how to write and tailor your resume to a federal job announcement.

ACS
Class Highlight

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Center on Fathering



This 15-week class will encourage father-child relationships, cultivate bonding, attachment, communication and build family resiliency. The classes are on every Tuesday & Thursday from 1-3 p.m.

ACS
Class Highlight

Homebuyers Workshop



Purchasing a home? Not sure where to start or what has changed? If so, this workshop is for you. It offers prospective home buyers the in's and out's of the home-buying process.

This class is taught by Pikes Peak Association of Realtors (PPAR). For details, call (719) 526-0457.

ACS
Class Highlight

Army Community Service Upcoming Classes

Keep up to date with local events and deals with the



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DATE	CLASS	TIME
August 20th	Rear Detachment Leaders Course	9 am - 4:30 pm
	Preparing Financially for a New Child : Foundational Readiness Classes for Your Personal Finances	9:30 am - 10:30 am
	Play Group	10 am - 12 pm
	Mountain Post Living Welcome for Spouses and Families	10:30 am - 11:30 am
	Marriage: Happily Ever After : Foundational Readiness Classes for Your Personal Finances	11 am - 12 pm
	How to Help a Friend	1 pm - 2 pm
August 23rd	Command Family Readiness Representative (CFRR) Academy	9:30 am - 4:30 pm
	Art and Movement	10:30 am - 11:30 am
August 24th	Command Family Readiness Representative (CFRR) Academy	9:30 am - 4:30 pm
	Baby Sign Language Basics	9 am - 11 am
	Federal Resume and USAJOBS.gov	9 am - 12 pm
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	vSFRG Administrator Training	9:30 am - 11:30 am
	Center on Fathering	1 pm - 3 pm
	Domestic Violence Support Group	1 pm - 2 pm
August 25th	Financial Strength Budgeting 101	10 am - 11 am
	SFAC Transition and Medical Retirement Brief	10 am - 11 am
	Homebuyers Workshop	1 pm - 4 pm
	Volunteer, VMIS and OPOC Training	1:30 pm - 3 pm
August 26th	Toddler Time	9:30 am - 11 am
August 27th	Play Group	10 am - 12 pm
August 31st	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Center on Fathering	1 pm - 3 pm
September 1st	German Meet-Up	10 am - 12 pm

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

Army Community Service Upcoming Classes

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DATE	CLASS	TIME
September 2nd	Toddler Time	9:30 am - 11 am
	TSP Class	1 pm - 2 pm
	Professional Development Series: LinkedIn Fundamentals	1:30 pm - 2:30 pm
	Latino Meet-Up	2 pm - 4 pm
September 3rd	Preparing Financially for a New Child —Foundational Readiness Classes for Your Personal Finances	9:30 am - 10:30 am
	Play Group	10 am - 12 pm
	Marriage: Happily Ever After —Foundational Readiness Classes for Your Personal Finances	11 am - 12 pm
	How to Help a Friend	1 pm - 2 pm
September 7th	Boot Camp For New Dads	9 am - 12 pm
	Banking Management	9:30 am - 10:30 am
	Everyday English for Foreign Born Spouses	9:30 am - 11:30 am
	Infant Massage & Baby Nurturing	9:30 am - 11 am
	Nurturing Families Through Play	10:30 am - 12:30 pm
	Center on Fathering	1 pm - 3 pm
September 8th	Nurturing Ages 0-5	9:30 am - 11:45 am
	Financial Strength Budgeting 101	10 am - 11 am
	Write a Winning Resume	1:30 pm - 2:30 pm
	Nurturing Ages 3-12	5:30 pm - 7:45 pm
September 9th	Toddler Time	9:30 am - 11 am
September 10th	Take Control of Your Credit -Foundational Readiness Classes for Your Personal Finances	9:30 am - 10:30 am
	Play Group	10 am - 12 pm
	Financial Aspects of Divorce —Foundational Readiness Classes for Your Personal Finances	11 am - 12 pm
September 13th	Nourish and Nurture	10:30 am - 11:30 am

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

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**WE KNOW THE SYSTEM.
WE CAN HELP.**

The Exceptional Family Member Program (EFMP) provides comprehensive support to family members with special needs. EFMP takes an all-inclusive approach to coordinate military and civilian community, educational, medical, housing, and personnel services to help Soldiers and their Families with special needs.

Where can I find EFMP Services?

EFMP - For Enrollment/ Updates/ Disenrollment/FMTS

Evans Army Community Hospital (EACH)
1650 Cochrane Circle, Bldg. 7500
(719) 526-7805

EFMP – For Family Support Services

Army Community Service – ACS Annex
1481 Titus Blvd., Bldg. 7492
(719) 526-0400

An Exceptional Family Member is a Family member with any physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training, or counseling.

Visit our webpage [**HERE!**](#)

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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](#)

Keep up to date with local events and deals with the



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Fort Carson Employment Readiness

Professional Development

***Make Your Mark,
Grow Professionally***



Make a long-term investment in yourself, learn how to stand out in today's fast-paced, ever-changing workplace. Grow professionally and experience success by learning how to navigate today's competitive workforce.

To register, visit: www.carson.armymwr.com/calendar
'Like Us' on FB & 'Join Us' on LinkedIn@Fort Carson ACS Employment Readiness



Fort Carson Employment Readiness

Professional Development

***Interview Skills
& Techniques***



The interview is your opportunity to demonstrate your work ethic and skills. Join this interactive workshop to learn what common interview mistakes to avoid and gain tips on how to effectively prepare and research through a mock interview exercise.

To register, visit: www.carson.armymwr.com/calendar
'Like Us' on FB & 'Join Us' on LinkedIn@Fort Carson ACS Employment Readiness



Visit our webpage **HERE!**

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FORT CARSON EMPLOYMENT READINESS

2021 April - September Class Schedule

You're a Priority: Federal Employment for Military Spouses

Apr 21st--9:30 to 10:30 am
May 19th--1:30 to 2:30 pm
June 16th--9:30 to 10:30 am
July 21st--1:30 to 2:30 pm
Aug 18th--9:30 to 10:30 am
Sept 15th--1:30 to 2:30 pm

*Write a Winning Resume

Apr 14th--9:30 to 10:30 am
May 12th--1:30 to 2:30 pm
June 9th--9:30 to 10:30 am
July 14th--1:30 to 2:30 pm
Aug 11th--9:30 to 10:30 am
Sept 8th--1:30 to 2:30 pm

*Federal Resume & USAJobs

Apr 27th--9:00am to 12noon
May 25th--1:30 to 4:30 pm
June 22nd--9:00am to 12 noon
July 27th--1:30 to 4:30 pm
Aug 24th--9:00am to 12 noon
Sept 28th--1:30 to 4:30 pm

ERP resume writing classes are designed to help participants develop a competitive private sector and/or federal resume. For in-person resume reviews, interview prep session or career counseling & assessment, contact an ERP Specialist. ERP Program Specialist are Certified Federal Career Coaches (CFCC) and Certified Federal Job Search Trainers (CFJST).

*Federal Resume & USAJobs and Write a Winning Resume will be conducted in class/in person.
All class information subject to change.

Register@www.carson.armymwr.com/calendar or call: 719.526.0452

'Like us' on FB and 'Join Us' on LinkedIn@Fort Carson ACS Employment Readiness



Visit our webpage [HERE!](#)

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ACS Financial Readiness Program Presents: Foundational Readiness Classes for Your Personal Finances



PREPARING FINANCIALLY FOR A NEW CHILD

1st and 3rd Friday 9:30 a.m. - 10:30 a.m.

Whether you are having a baby, adopting, or becoming a stepparent due to a marriage, this class is designed to help prepare you for the changes that come with your growing family.

MARRIAGE - HAPPILY EVER AFTER

1st and 3rd Friday 11:00am a.m. - 12:00 p.m.

As a couple, this class will help you make decisions, avoid financial difficulties, and assist you and your loved ones to start off on the right foot no matter what major life event comes your way.

TAKE CONTROL OF YOUR CREDIT

2nd and 4th Friday 9:30 a.m. - 10:30 a.m.

Come learn how to establish credit, to check your credit reports and resolve errors, the debt-to-income ratio, manage existing debt, recognize the warning signs of debt problems, and what to do if your debt is out of control.

FINANCIAL ASPECTS OF DIVORCE

2nd and 4th Friday 11:00 a.m. - 12:00 p.m.

The goal of this class is to help reduce the stress and uncertainty associated with the financial aspects of divorce. Come learn how to make smart, informed financial moves so that you can emerge from your divorce with greater financial confidence.

These classes are currently offered virtually. In-person classes are available by request.

Register at www.carson.army.mil/acs

For more information: (719) 526-4590



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**MILITARY & FAMILY
LIFE COUNSELING**

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.

**Military
& Family
Life
Counseling**

**Need to talk?
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

Visit our webpage [**HERE!**](#)

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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.



MOUNTAIN POST SPOUSES' CLUB

Super Sign Up!

Membership Drive

August 26th

10am - 2pm

Cheyenne Shadows Golf Course

MPSC is a non-profit,
ALL ranks spouses' club
that supports the community through
SFRG and community grants and
educational scholarships



mountainpost_spousesclub

Mountain Post Spouses Club

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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](#)

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[Sports & Fitness](#)

[Tickets \(Leisure Travel Services\)](#)

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

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



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Weekly Food Pantry Pick-ups
Every Tuesday from 2pm - 6pm
3219 S. Academy Blvd. Colorado Springs, CO 80916



Monthly Drive-Thru/Walk-Up
Food Distribution on the 2nd Friday of
every month behind the building.
Line starts at 3:00pm for 4pm
distribution. Ends at 6pm.

Any questions please give us a call at (719) 985-8935

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FOOD DISTRO

DRIVE-THRU DISTRIBUTION

11 AM

2021

NEW

**Summer
Dates**

THURSDAYS

~~**JUN 10 & 24**~~

~~**JUL 08 & 22**~~

AUG 12 & 26

OPEN TO ALL

While Supplies Last

**Norris Penrose
Event Center
Upper Lot**

**1125 W Moreno St
Across From Mt. Carmel
Veterans Service Center**

**Find Us on Social Media
for Updates**



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GET HELP BUYING FOOD FOR YOUR FAMILY

Did you know benefits could be available to you? The Supplemental Nutrition Assistance Program (SNAP) is an on-going monthly food benefit that helps Colorado families to afford healthy food when budgets are tight. SNAP gives you options--you can choose where to shop and what to buy. These benefits are for you!

SNAP is For You

SNAP is available for all eligible families. You can receive SNAP benefits if you have limited income or high living expenses. If you are an immigrant, receiving SNAP for eligible children (such as US Citizen kids) does not impact public charge. Visit KeepYourBenefits.org for more information about immigration and benefits.

Many Coloradoans use SNAP. There is enough for all who are eligible--it's just waiting for you to use it!



Fill out a SNAP application

You can apply online for SNAP benefits using the Colorado PEAK website colorado.gov/PEAK or on your smartphone using the MyCOBenefits app. You can download the app from the Apple or Android app store.

If your family qualifies for SNAP, you might also qualify for Pandemic EBT (additional funds for groceries to support children) this year! Learn more at cdhs.colorado.gov/p-ebt

Additional Pandemic Resources

Food pantries and other programs (like WIC) offer free food, meals, nutrition support, and more. Visit Hunger Free Colorado's COFoodFinder.org to learn more!

Right now, a family of 3 can be eligible to receive up to \$616 per month!

This institution is an equal opportunity provider. This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



COLORADO
Department of Human Services

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FREE FOOD DISTRIBUTION

LOCATION:

Centennial Elementary, 1860 S. Chelton Road

DATE:

Every 1st & 3rd Thursday of the month

June 17	Aug 19	Oct 7	Nov 18
July 1	Sept 2	Oct 21	Dec 2
July 15	Sept 16	Nov 4	Dec 16
Aug 5			

TIME:

11:30am until food runs out



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

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FOOD INSECURITY?

**We are
here to
help**

Our pantry offers fresh,
frozen and shelf-stable
healthy foods for families and
individuals in crisis

Catholic Charities of Central Colorado has expanded its services to offer monthly shopping in their Marketplace Pantry for a variety of healthy foods to cook at home.

To register or schedule an appointment call 719.866.6288 or email pantry@ccharitiescc.org

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

Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

Fort Carson & 4th Infantry Division

**Chaplain Hotline
(719) 387-1574**

**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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Joint Religious Education Program

An official program of the U.S. Army Chaplain Corps

provided by  JWB Jewish Chaplains Council*

Jewish Education Resource Available Online

Accessible, high-quality, no-cost K-12 and adult Jewish education available to active-duty personnel and their families in locations around the world is expanding JWB's educational opportunities for both children and adults to participate in substantive, ongoing Jewish learning.

Offering online and in-person Jewish education opportunities for all, regardless of religious background or affiliation, the courses use curricula developed by reputable and accredited organizations and are taught by expert Jewish educators. These courses use curricula developed by reputable and accredited Jewish organizations and are taught by expert Jewish educators.

[CLICK HERE FOR MORE INFORMATION](#)

There are two remaining opportunities for all interested parties to attend one of the training events below. During this 30 minute time together you will learn more about the resources, how people can register, etc.

NOTE: all times are for the Eastern Time zone. You will have to do the math for your location.

Aug 19, 2021 03:00 PM

Aug 20, 2021 09:00 AM

Also note that this is a Zoom.Gov Meeting so it does not require a CAC to login:

<https://www.zoomgov.com/j/1616524985?pwd=K2x2dlRyRVo1UVITY0NBS2c2cjBoZz09>

Meeting ID: 161 652 4985

Passcode: shalom

RELIGIOUS EDUCATION

For Service Members and Their Families

Keep up to date with local events and deals with the



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Wednesday Family Night, Fort Carson

@wednesdayfamilynight · Religious Organization

Wednesday Family Night is a Christian-based ministry provided by the chapels of Fort Carson and hosted at Soldiers' Memorial Chapel.

Make sure to check out their new Facebook page as well at Wednesday Family Night, Fort Carson!

Awana Club, Adult Bible Studies, and Fort Carson Youth Group are beginning August 25th to December 1st!

Awana Clubs are a fun, engaging way for children to grow in their knowledge of the Bible and their relationship with God.

The Fort Carson Youth Group is led by military chaplains and is open to any students 7-12th grade!

SIGN UPS ARE OPEN!

Take a few minutes now if you haven't already by clicking

HERE!



Dinner • Nursery • Kids Program • Adult Classes

Keep up to date with local events and deals with the



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CLUB BEYOND AT FORT CARSON

“Where Military Teens Belong”

Club Beyond is an authorized program for middle school students at Fort Carson to experience community and grow in faith. Club combines **FUN, FRIENDS, GAMES, COMPETITIONS, PRIZES, VIDEOS, MUSIC, FOOD** AND DID WE MENTION **FUN?!!**



Club Beyond meets every other Thursday afternoon from 3:25 to 4:20PM at Carson Middle School Room A205.

For information and schedules of Club Beyond events, contact Will Sanborn at wsanborn@clubbeyond.org or 402-910-1826

CLUB BEYOND IS A RECOGNIZED NON-FEDERAL ENTITY AND IT IS NOT PART OF THE DEPARTMENT OF DEFENSE AND HAS NO GOVERNMENT STATUS.

Keep up to date with local events and deals with the



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Heroes' Legacy Scholarship

College scholarships for children of service members who've died or become seriously injured in the line of duty since 9/11.

Click [HERE](#) For More Information



Military Spouses

Scholarship funds can be used towards degrees, certifications, licensure, clinical supervision for mental health licensure, CEUs, business expenses and more!

Click [HERE](#) For More Information



Search for Scholarships

Find even more scholarships available for children and spouses of military (active, reserve, retired) and veterans.

Click [HERE](#) For More Information

Keep up to date with local events and deals with the



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MILITARY *families* MAGAZINE

Click [HERE](#) for 35+ Scholarships
for Military Spouses and Military Kids

Military Family Member Scholarship Opportunities

Click below to learn more!

Nationwide Surviving Spouse and
Dependent Children Scholarship Program

Marine Gunnery Sergeant
John D. Fry Scholarship

Fisher House Foundation
Scholarship Program

No Angel Left Behind

Freedom Alliance

Mountain Post Recreation

GROUP EXERCISE SCHEDULE

Aug 2021



ALL classes are \$3 each Credit card Preferred for payment
and 45-55 minutes long. Monthly passes are available for \$45 each.
Holiday weekend Please refer to the MWR Website

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0500							
0630	PT Cycle* IVY	PT Cycle Contact McKibben FC	PT Cycle* IVY	PT Cycle Contact McKibben FC	Tactical Training*IVY		
		PT TRX* IVY		PT TRX* IVY			
		Tactical Training*IVY		Tactical Training*IVY			
0645	PT Yoga*Waller	PT Cycle* Waller	PT Yoga* Waller	PT Cycle* Waller			
0800	SRU PT*	SRU PT*	SRU PT*	SRU PT*	SRU PT*		
0900	Cycle@Ivy	HiTT Family Fitness		HiTT Family Fitness			
1000		TRX Training	Core Blast	TRX Training	TRX Training	TRX Training (30 Orientation)	
1145	Crossfit Waller		Crossfit Waller		Crossfit Waller		
1215						Cycle&CoreWaller 2nd & 4th Saturday	
1230				SRU PT*			
1330		Behavioral Health Yoga*			Please note: Credit card is the ONLY payment option. Masks MUST BE WORN during class if you are not fully vaccinated. Make sure you practice 12' social distancing while exercising. Please make sure to sanitize all equipment used in class.		
1630			Cycle@Ivy				
1700				Total body HiTT			
1715	Cycle&CoreWaller	Crossfit Waller	Cycle&CoreWaller	Crossfit Waller			
1715			OlympicLift@Waller				
1830			Zumba				

IVY FITNESS CENTER



More Events and Info at
carson.armymwr.com



carson.sports
CarsonDFMWR



@carsonmwr
#CarsonMWR



Ivy Fitness Center
F415 Specier Ave Building 1925
Fort Carson, CO 80915

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Fort Carson Army Education Center



UPDATED 05/25/2021

Fort Carson Education Center

SERVICES AND CONTACTS ~CALL 719-526-2124 FOR ADDITIONAL INFORMATION

COUNSELING SERVICES:

(TA, Credentialing, Clearing, Memos, Holds, General Guidance)

*****APPOINTMENT REQUIRED*****

For Appointments, please email your assigned counselor:

Last Names A-C: BILLIE.R.ELLIOTT.CTR@MAIL.MIL

Last Names D-I: AMANDA.E.FLYNN.CTR@MAIL.MIL

Last Names J-P: KATHRYNE.M.JONES.CIV@MAIL.MIL

Last Names Q-S: BILLIE.R.ELLIOTT.CTR@MAIL.MIL

Last Names T-Z: BONNIE.M.RIVERA.CIV@MAIL.MIL

To schedule a tailored education brief for your unit, email:
BONNIE.M.RIVERA.CIV@MAIL.MIL

Scan for all of our
Info, forms, & briefs

MLF (COMPUTER LAB): 0800-1600

OPEN with limited capacity, you may be asked to wait in your vehicle. 24 maximum capacity.

COLLEGE CONTACTS:

(Applications, Advising, TRIO financial aid assistance)

PPCC: 719-502-4200 mvp@ppcc.edu

UCCS: 719-526-8066 jyoung6@uccs.edu

ERAU: 719-576-6858 ColoradoSprings@erau.edu

CSUP: 719-586-6930 korine.new@csupueblo.edu

UMGC: 719-526-8075 baseadvisor@umgc.edu

TRIO: 719-526-6818 robin.young@csupueblo.edu



TESTING SERVICES:

(AFCT, DLPT, DLAB, **ECLT**, **BMST**, SIFT, TABE)

Email the testing office for scheduling and 4187 submission-NO WALK-INS. Testing Office Email:

USARMY.CARSON.IMCOM.MBX.DLPT-TESTING@MAIL.MIL

blank 4187s located on our Facebook page:
<https://www.facebook.com/FortCarsonArmyED/>

BSEP CLASSES

Call 719-526-2124 for more information. TABE required for new students. Prior TABE scores valid for 1 year. Virtual BSEP can be completed at: www.nelnetsolutions.com/dantes. Email your assigned counselor (to the left) for BSEP/GT scheduling. **YOU MUST INCLUDE:**

- FULL NAME/RANK
- UNIT
- DOD ID NUMBER
- COMMANDER EMAIL & PHONE NUMBER
- MOS
- EMAIL/PHONE
- INCLUDING MIL EMAIL
- GT SCORE
- **TABE SCORES (IF AVAILABLE) FOR READING & MATH—REMOVE THIS ONE**
- CLASS PREFERENCE (4 WEEK MORNING OR AFTERNOON, OR 2 WEEK FULL-DAY) YOU MAY BE PLACED ON A WAITLIST



CLEARING:

- **ETS, Retirement, Med-board**—Clearing completed Tuesday 0930-1130 and Thursday from 1200-1400 via self-guided brief (+dedicated counselor present)
- **Chapter**—(leaving during first enlistment + general discharge) Email your assigned counselor for an appointment. Or call appointment line: 719-526-8068
- **By-Proxy**—Please email JUANITA.OFFICER.CTR@MAIL.MIL
- **PCS**—No stamp/clearing actions required for PCS moves

Keep up to date with local events and deals with the



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Keep up to date with local events and deals with the



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Explore Your Education Center Opportunities



at our **Fun In the Sun** Mini-Education Fair Series

When? 1100-1400, August 19th, 19th, and 20th.

Where? Outside Bldg. 1117 (north side) next to Long Street.



- Learn about Active Duty Education Benefits
- Spouse educational funding opportunities
- Explore Degrees and Certificate Programs
- Find out about classes taught on-post
- Talk to on-post school representatives

Cold drinks and snacks provided



CSU PUEBLO



University of Colorado
Colorado Springs

EMBRY-RIDDLE
Aeronautical University



Military & Veterans Programs
PIKES PEAK COMMUNITY COLLEGE



UNIVERSITY OF MARYLAND
GLOBAL CAMPUS

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Fort Carson

University of Colorado

Colorado Springs

WRITING WORKSHOP

with UCCS Adaptive Leadership Coordinator,
Sarah Fillman



*College Level Writing Tips
Scholarship/Grant Writing
Time Management Skills*



Scan QR code to register



Every 2nd Wednesday of the month

4:30pm-6:00pm

Ft. Carson Education Center

OPEN TO ALL MILITARY AND FAMILIES
WALK-INS WELCOME

Keep up to date with local events and deals with the



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

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



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

Employee Assistance Program

Prevention

Risk Reduction

Suicide Prevention

Drug Testing / Collecting

Military Personnel, DOD Civilians and Retirees:

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

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

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PASS IT ON COMMUNITY NEWSLETTER

CONQUER CHRONIC STRESS WITHOUT ALCOHOL

WHAT IS CHRONIC STRESS?



Stress that continues for weeks or months. If left unmanaged, it can put people at risk for serious physical and psychological health concerns.

Some may misuse alcohol to cope with chronic stress. Here's why this is an unhealthy choice for Service members:



DRINKING MORE?

Using alcohol to unwind is common for some people, but drinking more than usual may be a sign you're using alcohol for unhealthy reasons.



ANGRIER THAN USUAL?

Alcohol may briefly diffuse steam, but it could also heighten negative feelings, create more anxiety and lead to emotional distress.



TROUBLE SLEEPING?

One or two drinks before bed may make you fall asleep faster, but it can disrupt your sleep.



ISOLATING YOURSELF?

Reaching for a drink to numb emotions like sadness or loneliness may feel easier than reaching to a buddy. However, drinking can have the opposite effect and make you feel lonelier.



DIFFICULTY FOCUSING?

Alcohol stays in the body longer than you might think. On average, it takes one hour to break down one standard drink. If alcohol is in your body the day after drinking, it can affect your focus while on duty or when hanging out with others.

NEXT STEPS

If you're misusing alcohol to cope with chronic stress, learn about healthy alternatives with these resources:

- Own Your Limits' [Safe Ways to Chill the \[Bleep\] Out](#)
- MilitaryOneSource.mil resources on [emotional wellness and distress](#) and [non-medical counseling](#)

If you're concerned about your alcohol use, visit the "Get Help" section at ownyourlimits.org for support before drinking becomes a concern in your life. If you're experiencing signs of crisis, call the [Military Crisis Line](#) at 800-273-8255 (press 1) or text 838255.

OWN YOUR LIMITS
SERVE HONORABLY.
DRINK RESPONSIBLY.



www.ownyourlimits.org



Keep up to date with local events and deals with the



PASS IT ON COMMUNITY NEWSLETTER

Dear Cal,

My spouse thinks I don't listen well. They ask me to do something, so I do it, but then it wasn't what they wanted. Why? Is it that I don't understand what they want? Am I really not a good listener?

You're not alone. Couples can find themselves in this perplexing interchange and not realize what's happened to them. What you describe sounds a lot like the trap of "mixed messaging." Your spouse says they want your help, but then complains. The problem? They may not have told you they wanted it done *their* way, or *when* exactly they expected it done. Other such conundrums occur when your spouse says they want you to take time for yourself and to spend time with your buddies, but sulks at home and comments how hard it was to manage things on their own, or to complain you're never around. What they really mean may be that they want less demands from you or want other relationships in their life too. A spouse may complain about the physical shape you're in now and imply you're not the person you once were. You could take that to mean you better find time to work out, but then they resent the fact that you are getting in shape and they're left to manage the hum drum routines. What they really mean may be that it seems you've both lost the desire to be healthy and attractive for one another and that they desire to be attractive to you once again. So asking yourself whether you don't understand what they want, and questioning whether you're a good listener isn't so far off. The answer? Don't focus on the surface requests or complaints.

A good place to start is by "rediscovering" your spouse daily. After all, what you don't like in them, may simply be a reflection of your perceived treatment of them. They're not the person they were when you first met, and they're not the same person now that they will be in the future. They likely don't want you to think you have them all figured out. That's dismissive and can be disrespectful. Are you as attentive to them as you once were when you were courting them? Do you see their complaints as criticisms of you or as desperate attempts to reengage you in their life? Do you see their criticisms as disrespectful and uncaring, or as a need to feel secure, respected by you, and the love of your life? One of the foremost mistakes spouses can make is to fail to live intelligently with their spouses, and to think that providing financial security or encouraging them in their own careers is enough to maintain a loving relationship. There was something that drew you both together in the first place. Cultivating the relationship anew will likely help to change the messaging you're getting and to make your relationship more rewarding for both of you.

"ASK CAL"

Answering the Fort Carson community's questions about balancing life, work and family.



(719) 526-2196

Calvin.N.Lidmark.civ@mail.mil

[Submit Your Question By Clicking HERE](#)

Fort Carson Army Substance Abuse Program

Keep up to date with local events and deals with the



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Don't deal with a problem alone. Reach out to a helping hand!

- ▶ Talk to your Battle Buddy and chain of command
- ▶ Call the National Suicide Prevention Lifeline at 1-800-273-TALK [8255]

It takes COURAGE to ask for help when needed

TA-14B1110 USAPHC

Suicide Prevention Lifeline

**Call 1-800-273-8255 or Text 838255
TO GET HELP NOW!**

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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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PASS IT ON COMMUNITY NEWSLETTER

DOD Prioritizes Military Spouse Input, Launches 2021 Active Duty Spouse Survey



U.S.
DEPT OF
DEFENSE

Spouses can visit the Department of Defense Office of People Analytics survey portal to complete the short survey.

[**CLICK HERE**](#)

About Military Community and Family Policy

Military Community and Family Policy is directly responsible for establishing and overseeing quality-of-life policies and programs that help our service members, their families and survivors be well and mission-ready. Military OneSource is the gateway to programs and services that support the everyday needs of the 5.2 million service members and immediate family members of the military community. These Department of Defense services can be accessed 24/7/365 around the world.

TO LEARN MORE, CONTINUE TO THE NEXT PAGE

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The Department of Defense announced today the launch of its long-running biennial Active Duty Spouse Survey. For the first time, every active-duty spouse will have an opportunity to provide feedback about their military life experience. The Department encourages all active-duty spouses to participate in this survey.

“We are committed to taking care of our military spouses, and these surveys will allow us to engage in deeper dialogue with them and help us prioritize solutions that meet their most pressing needs,” said Deputy Assistant Secretary of Defense for Military Community and Family Policy Patricia “Patty” Montes Barron. “We’re proud of the progress we have made on important spouse issues, especially around stress, relationship support and employment. We know there is more to do, and these survey results will help guide our next steps.”

The Active Duty Spouse Survey provides the DOD with a barometer on how to adjust family policy and programs in the coming years, gathering data on issues, such as military benefits, financial stability, spouse employment, child care, and the overall health and well-being of spouses, children and families.

“Our surveys can create meaningful change for military families, and each one has highlighted important trends,” said Director of the Center for Retention and Readiness in the Office of People Analytics Dr. Paul Rosenfeld. “For example, the 2019 survey brought attention to the increasing lengths of time for spouses to find a job after a permanent change of station move, which led to adjustments to spouse licensure and other programs. Hearing the voice of all military spouses is critical for gaining the insight the DOD needs to deliver on its priority to help military families thrive.”

While some spouses will be randomly selected for the scientifically sampled survey, this year the department is also offering an opportunity to all active-duty spouses to provide their feedback on key issues, challenges, and concerns. Spouses can visit the Department of Defense Office of People Analytics survey portal to complete the short survey.

For important information about the military community, including the most recent survey results, infographics, research reports, and demographic profiles, visit Military OneSource.

[SOURCE](#)

Keep up to date with local events and deals with the



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Medicare Series



The PPACG Area Agency on Aging and Security Public Library have joined together to offer these classes providing the knowledge and tools that older adults need as they approach Medicare.

~~July 14 | 12:00 PM~~

Medicare and Tricare Lunch and Learn: An Intro to What You Need to Know

Learn about the things the retired military community needs to know about becoming eligible for Medicare and how Medicare coordinates with TriCare coverage.



~~August 11 | 12:00 PM~~

Don't Get Scammed

Learn about the latest Fraud and Scams targeting Older Adults and tips on how to Detect, Report and Protect yourself and your loved ones, from becoming a victim.



September 15 | 5:30 PM

Medicare Open Enrollment

Learn about 2022 Medicare Drug Plans and Medicare Advantage Plans

Classes are provided at no cost
Registration Required
[PPACG.org/events](https://ppacg.org/events)

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Big Brothers Big Sisters.
OF COLORADO

IGNITE POTENTIAL

Big Brothers Big Sisters of Colorado's professional staff recruit, screen, and train volunteer mentors (Big Brothers and Big Sisters), and match them in one-to-one relationships with young people. We support and oversee the success of each match by communicating regularly with the volunteers, the children, and their families, and by providing activities designed to strengthen the match relationship. We know from research that successful mentoring relationships have a lasting impact on young people and their families, offer positive experiences for volunteers and create stronger, safer, and more successful communities.

In 2020, Big Brothers Big Sisters of Colorado supported 1,397 one-to-one mentoring relationships between children facing adversity and adult volunteer mentors. These mentoring relationships impacted youth by helping them improve their sense of self and sense of future, form positive relationships with peers and family, avoid risky or delinquent behavior, and achieve educational success. We are looking for dedicated adults to join us as mentors, advocates, and donors!

YOU CAN MAKE A DIFFERENCE THROUGH THE PROVEN POWER OF ONE-TO-ONE MENTORING

Community Based

- Activities take place in the community
- 1 year commitment
- In-person meetings 2-4x a month
- Matched based on shared interests
- Flexible scheduling
- Volunteer provides transportation

Sports Buddies

- Site-based mentoring
- 6 month commitment
- In-person meetings 1-2x a month (typically Saturdays)
- Participatory and spectator recreational activities
- Volunteer not responsible for transportation

mentor2.0

- School-based mentoring
- 2, 3, or 4 year commitment depending on school/mentee
- Online communication 1x a week, flexible scheduling
- In-person meetings 1x a month (evenings at school)
- College and career readiness focus

Learn more at BigLittleColorado.org or email Natalie at NatalieS@biglittlcolorado.org



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Catholic
Charities
of Central Colorado
Family Connections

KIDS CLOTHING GIVEAWAY

THE DETAILS

COST: FREE

WHEN: Thursday, 10 a.m. - Noon
July 8, Aug. 12, Sept 9, Oct 7

WHERE: Family Connections
917 E. Moreno Avenue
Colorado Springs, CO

WHAT TO EXPECT:

Please expect a wait as we work to serve everyone safely



Photos by Terricks Noah and Mediamodifier on Unsplash



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COMMUNITY NEWSLETTER



Fostering Resilience in Early Education (FREE)

Are you a grandma, aunt, nanny, friend, or neighbor watching young children?



Join a Connection Cafe today!

- Individualized self-care planning
- \$100 to support self-care practices in your home
- Monthly social networking opportunities
- One-on-one coaching or training to support self-care
- Mindfulness activities to support adult and child well-being

Contact: Kim Santaniello, FFN FREE Coach | KSantaniello@jointinitiatives.org | 719.650.3736



**Rocky Mountain
Prevention Research Center**
colorado school of public health

**Alliance
for Kids**



**JOINT INITIATIVES for
YOUTH & FAMILIES**

Principal Investigators: Dr. Charlotte Farewell and Dr. Jini Puma

This project is funded by The Colorado Springs Health Foundation and the Temple Hoyne Buell Foundation IRB Protocol # 20-1235

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MILITARY COMMUNITY CAREER FAIR

FREE EVENT!

DENVER



SCAN QR CODE TO REGISTER

EMPOWER FIELD AT MILE HIGH

1701 BRYANT STREET

DENVER, CO 80204

THURSDAY, AUGUST 19, 2021

CAREER OPPORTUNITIES

- ENGINEERING
- TECH/CYBER SECURITY
- TRANSPORTATION
- LOGISTICS
- MAINTENANCE
- ...AND MORE!

HOW WE'RE KEEPING YOU SAFE*

- MASKS
- SOCIAL DISTANCING
- ONE-WAY TRAFFIC
- SPACED BOOTHS
- PAPER-FREE

*See registration site for event
specific safety protocols

PRE-REGISTER NOW:
[RMVETS.COM/DENJUNE24](https://rmvets.com/denjune24)

No Federal or DoD endorsement implied



Keep up to date with local events and deals with the



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BABYSITTER'S COURSE

What will youth learn in this class?

We walk youth through the ins and outs of what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter.

The babysitter's class consists of eight modules designed to teach youth the basics of childcare and how to run a successful babysitting business. Youth will be able to register with the Parent Central Services database of babysitters after completion of the course.

Day 1, 0800-1400

- I'm Alone: Staying Home Alone—Help youth understand how to be safe when staying home alone.
- Babysitters Course: Youth will learn about the ages and stages of child development, safety, food and nutrition, how to handle emergency situations, fun activities to do with children and babysitting as a business.

Day 2, 0800-1200

- CPR/First Aid—Youth will become Red Cross certified on CPR and First Aid

To register for this class contact:

Parent Central Services (719)526-1101/8220 or Fort Carson Youth Center. (719-526-2680)

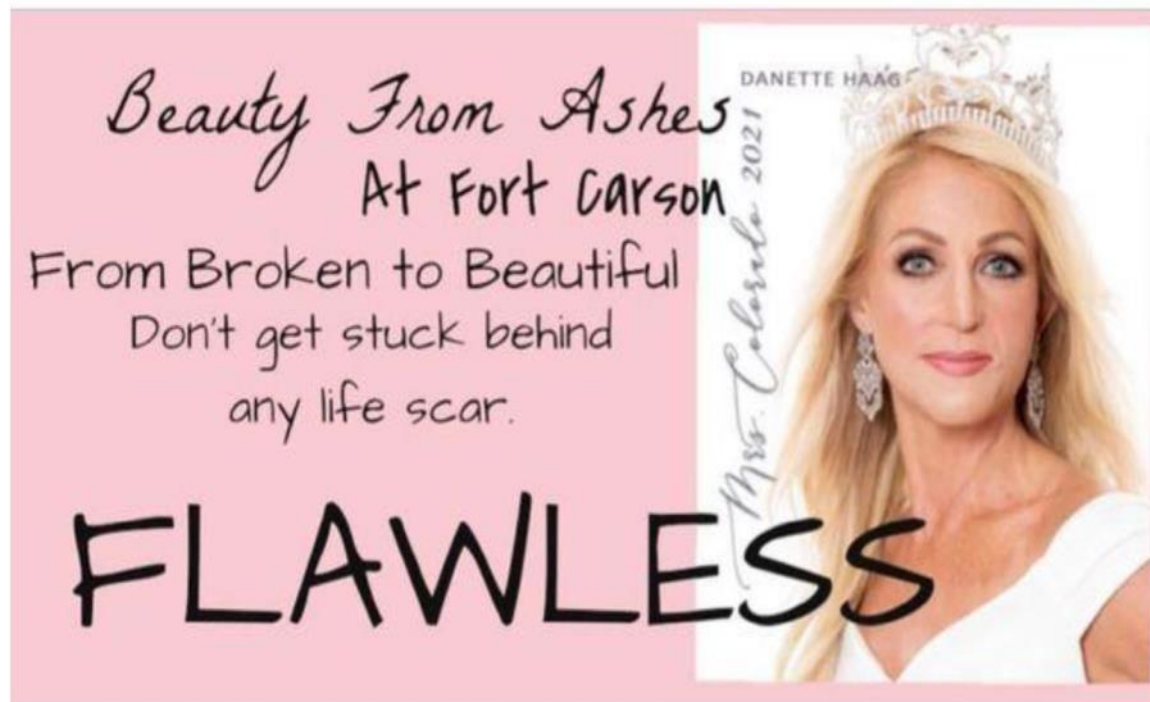
Class size is limited to 15.

Upcoming classes:: August 21 and August 28 or September 18 and September 25.
Youth must attend both Day 1 and Day 2 to become a certified Babysitter

Keep up to date with local events and deals with the



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TUESDAY, AUGUST 31, 2021 AT 10 AM MDT – 12 PM MDT

Flawless

Free • Fort Carson, Colorado

“Inspiring others to see the beauty and gifts that they possess. Teaching how to find life's gifts even in the midst of pain. A physical, emotional, and deeply spiritual journey that has set my soul on fire to encourage others to heal from their own pain.”

FOR ALL FEMALES: MILITARY, FAMILY MEMBERS, OR CIVILIANS

LOCATION: Family Life Chapel, Bldg. 1659.
(The corner of Barkeley and Prussman Blvd)

RSVP to Cathy Howell by 20 Aug 21: Cathy.L.Howell.civ@mail.mil

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MISSION: HEALTHY BABY®

Mission: Healthy Baby® is designed specifically to address the unique needs of military families. Military families sacrifice a great deal and many are relocated to bases away from family and friends. The goal of this program is to provide free pregnancy and newborn health education, support services and baby supplies to help military moms and families have healthy, full-term babies.

This year's event will be virtual and will shower over 1,000 moms with education, baby items and more. Moms will have the chance to network with other moms-to-be and learn about support networks we've set up to address their specific needs, including online community resources.

TIMELINE:

- **July 12:** Registration opens—moms will need to register using this link:
https://marchofdimes.formstack.com/forms/military_baby_shower_2021
- **September 1:** Registration closes.
- **Late September/October:** Becoming a Mom sessions—these are free online education classes for moms where additional gifts will be given away.
- **November 13:** National virtual military shower—moms must attend this event to receive the free baby items, which will be shipped directly to their home within 4-6 weeks of the shower. (Time of shower TBD.)

ELIGIBILITY TO ATTEND:

- All military families that are E5 rank or below.
- Must be pregnant at the time of the shower.



For more information, please contact Meredith Repik at mrepik@marchofdimes.org or 843-614-3355.

SIGN UP TODAY

PHILIPS

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MILITARY & VETERAN WOMEN'S GROUP

SUPPORT IN SHARING AND
INTEGRATING EXPERIENCES,
SELF-GROWTH, & COMMUNITY

Fridays
1230-1330

**FEMALE-IDENTIFYING
ANY BRANCH, ANY ERA, ANY STATUS**

Contact Tegan (303) 525-7660
to join or get more information



Keep up to date with local events and deals with the



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No Purchase Necessary!

Are you Active Duty, a Family Dependent, Retiree, or DoD Civilian? You are eligible!



ENTER FOR A CHANCE TO WIN AN EXCHANGE SHOPPING SPREE!

- GRAND PRIZE 1 - \$5,000 EXCHANGE GIFT CARD
- FIRST PRIZE 5 - \$1,000 EXCHANGE GIFT CARD



Enter August 1-31, 2021 at
shopmyexchange.com/sweepstakes

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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 Pre-
school Program |
Head Start | Early
Head Start

[Click HERE!](#)



DID YOU KNOW?

**WE ARE ON
INSTAGRAM**

Follow us @cpcdhs

Keep up to date with local events and deals with the



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THE JUSTICE CENTER

**WEDNESDAY NIGHTS
7 PM - 9 PM**

FREE

LEGAL

ADVICE

CALL (719) 473-6212

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YARD SALE

EVERY 1ST & 3RD SATURDAY
MAY THROUGH DECEMBER

~~May 1 & 15~~

Sep 4 & 18

~~Jun 5 & 19~~

Oct 2 & 16

~~Jul 3 & 17~~

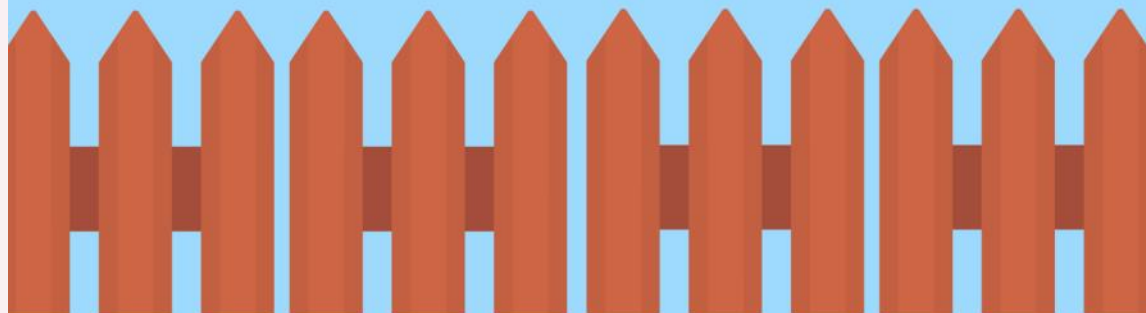
Nov 6 & 20

Aug 7 & 21

Dec 4 & 18

You may not post signs to any fixed structure. If you place yard signs in the community they must be removed next day.

-Must follow current Covid-19 guidelines-



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Connect with WIC today:

- Request an appointment at ColoradoWICsignup.com
- Visit ColoradoWIC.com
- Call 1-855-855-4626 (Food Resource Hotline)

WHAT IS WIC



WIC does not ask for, keep, or share information regarding visa status or citizenship. This institution is an equal opportunity provider.

EMPOWERING FAMILIES
WITH FOOD, NUTRITION
EDUCATION, AND MORE



HALF OF ALL INFANTS BORN IN COLORADO ARE ON WIC.

WHAT IS WIC?

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.

WHO IS ELIGIBLE?

- Pregnant women.
- Mothers of babies up to 6 months old.
- Mothers who are breastfeeding babies up to 12 months old.
- Babies and kids up to 5 years old.

Many people don't realize they're eligible for WIC. Households with a low to medium income or who receive Medicaid, SNAP, TANF or FDIPIR are income-eligible for WIC.

WE'RE HERE FOR YOU

Did you know? Colorado WIC offers:



HEALTHY FOOD + NUTRITION TIPS

We help you feed your kids nutritious meals.

We provide:

- Monthly benefits to buy fruits, vegetables, whole grains, iron-rich foods, milk, cheese, yogurt, formula and more.
- An EBT card and smartphone app to make shopping for WIC foods easy.
- Tips on how to shop for healthy food, how to cook it, and how to encourage your kids to eat it.
- A larger food package for mothers who breastfeed exclusively to help them stay healthy.



A COMMUNITY OF SUPPORT

We offer a network of experts and peers for education and guidance:

- Nutritionists.
- Breastfeeding specialists.
- Breast pumps.
- Mother-to-mother support.



REFERRALS

We introduce you to care beyond WIC, including:

- Healthcare professionals such as pediatricians and dentists.
- Immunization services.
- Other services.

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People with disabilities
building community
THE INDEPENDENCE CENTER

VETERAN SUPPORT GROUP



12:00 PM (noon)

1st Tuesday of each month
(Zoom call)

for Teller, Fremont & Park County Veterans

The Veteran Support Group is designed to allow veterans the opportunity to share ideas and thoughts in common goal barriers in collaboration and support of each other. Topics can range from PTSD to everyday living in a civilian community. Our peer support group will focus on helping veterans and their families manage the stresses they share. Group interaction encourages vets of all ages and eras to learn to access policies they may find useful in easing transitions.

Please contact Brock Ernst for more information, to RSVP for Zoom and/or to request accessibility accommodations at 719-660-0528 or bernst@the-ic.org.

Main Office: 729 South Tejon St. Colorado Springs, CO 80903 | theindependencecenter.org
719-471-8181 | Video Phone for the Deaf 719-358-2513

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23RD ANNUAL

STAND DOWN

For Colorado's Homeless Veterans

Tue 21 Sept 2021

1000 -1500 Hours



**VA & COMMUNITY REPRESENTATIVES
WILL BE ON SITE!**

Clothing • Boots • Personal Care Items
Box Lunches • Flu Shots • VA Medical Care
VA and Rocky Mountain Human Services
Veterans Administration • VA Claims Assistance
DD-214 Assistance • Veterinary Care

@317 E Kiowa St (Parking Lot of 1st Baptist Church)

MORE INFO & RESOURCES: www.epchvc.org

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2021 SCHEDULE

FREE LEGAL SELF-HELP CLINIC

FOR PARTIES WITHOUT AN ATTORNEY
Generously hosted by your FOUNTAIN LIBRARY and
your PIKES PEAK LIBRARY DISTRICT

FIRST MONDAY OF EVERY MONTH

3:30 PM – 5:00 PM

Fountain Library, Pikes Peak library District
230 S Main St, Fountain, CO 80817

FREE CLINIC IS OPEN
TO ALL AREA RESIDENTS!!

~~January 4, 2021~~

~~February 1, 2021~~

~~March 1, 2021~~

~~April 5, 2021~~

~~May 3, 2021~~

~~June 7, 2021~~

~~No July Clinic (July 4th Holiday)~~

~~August 2, 2021~~

No September Clinic (Labor Day)

October 4, 2021

November 1, 2021

December 6, 2021

Volunteer attorneys will assist each clinic patron individually

To be added to the sign-up sheet,
please call (719) 531- 6333 ext 6058

A FREE legal clinic for parties who have no attorney. As a COVID work-around, instead of clinic patrons coming in-person to your local public library (*which has limited access*), the volunteer attorney will call the clinic patron's telephone directly, using the phone number provided to your library staff. Volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for civil legal issues, including family law, civil litigation, property law, probate law, collections, appeals, landlord-tenant law, veteran's benefits, and civil protection orders.

The volunteer attorneys do not represent you just because they help you at this clinic. This clinic is information only, and is no substitute for legal representation. You have the right to retain an attorney of your choice at any time, and are advised to do so.

If possible, patrons are encouraged to have their desktop, laptop, or tablet available during the call.

www.checkerboard.co for one-click access to all forms, statutes, videos, instructions & flowcharts