

OTHER ACS PROGRAMS

Army Emergency Relief (AER)
Army Family Action Plan (AFAP)
Army Family Team Building (AFTB)
Army Volunteer Corps (AVC)
Community Connection
Community Information and Referral Program
Employment Readiness Program
Financial Readiness Program
Loan Closet
Mayoral Program
Military and Family Life Counselors (MFLC)
Mobilization and Deployment Readiness
Relocation Readiness Program
Soldier and Family Assistance Center (SFAC)
Survivor Outreach Services (SOS)
Warrior Family Community Partnership (WFPC)

For more information or to register for upcoming events, please call (719) 526-4590.



Army Community Service (ACS)
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VISIT ACS ONLINE
www.carson.army.mil/acs

FACEBOOK: Fort Carson Army Community Service

TWITTER: Fort Carson ACS



Fort Carson, Colorado Army Community Service

Soldier & Family Readiness Program



**“Enhancing relationship skills and
improving quality of life.”**

SOLDIER AND FAMILY READINESS PROGRAM

The Soldier and Family Readiness Program promotes individual, couple and family wellness by offering a comprehensive program that includes awareness, education and support to prevent family violence. Classes are offered to commanders, troops, professionals, families and the community. Prevention and support services include: New Parent Support Program (home visitation); child safety education; Nurturing Parent Programs; single parent support; Playgroup; Infant Massage; Cooperative Parenting and Divorce; Boot Camp for New Dads; Scream Free Parenting, SMART STEPS- Step-Parenting, resilience classes, the Five Love Languages; various life skills seminars; and victim advocates for domestic violence or sexual assault. For more information, call (719) 526-4590.

PARENTING PROGRAMS



Boot Camp for New Dads: This one day program offers tips to fathers on subjects such as becoming a dad, caring for baby and caring for your Mom. 1st Tuesday of the month, 9 a.m. to 2 p.m. at ACS Building 1526. Register online at www.carson.army.mil/acs.

Basic Training for New Moms: A discussion group that meets and discusses topics, which include becoming a new mom, caring for your baby and caring for yourself. This group meets the third Tuesday of the month from 9:00 am to noon at ACS building 1526. Register online at www.carson.army.mil/acs

Infant Massage and Baby Nurturing: A 2-hour group that meets every Tuesday from 10 a.m. to 11:30 a.m. at the Family Nurturing Center Building 1354. Pregnant moms and parents with babies are encouraged to attend. Systematic strokes alleviate colic, create strong bonds, increase mom's and dad's communication with baby, and provide a foundation of unconditional love. Topics pertaining to infant development and health are discussed. The first Tuesday of each month will feature a nurse and lactation specialist to discuss nutrition, growth and development of babies. No registration required, walk-ins welcome.

Launching Hope (ScreamFree Parenting for Parents of Teens): Over the last 30 years, the rate of twenty-somethings moving back home has doubled. During the same time, teenagers have started experiencing more distress and less success. These two problems seem to stem from the same fatal flaw. In short, we started raising kids, and we stopped launching new, productive adults into the world. Launching Hope lays out a clear, calm path for how parents can lead their teenagers into a more productive future, and create a better relationship with them along the way. This class meets quarterly.

New Parent Support Program: This is a home visitation program for military families with children ages three and under, and expectant parents. Home visitors are nurses and social workers that will visit in the home to focus on parenting and other family topics, along with providing support and referrals. Call (719) 524-1991 to schedule a home visit.

Nurturing Programs: These are fun filled, parenting classes for both parents and children. Raising healthy children requires empathy, humor, skill, knowledge, love and compassion. These programs teach parents how to be nurturing to themselves as well as their children; to understand the ages and stages of child development; to increase their ability to be empathetic; and to use techniques to manage and encourage appropriate behavior of their children. Programs include: 0 to 18 months, 0 to 5 years and 5 years to 12 years. Call (719) 649-3860 to register.

Playgroup: An informative, fun-filled get-together for parents and tots. Group meet every Friday at the ACS Family Nurturing Center, Building 1354 from 10 to Noon. No registration required.

Single Parent Program: Support for active duty and DOD civilian single parents. Offers information and discussion on getting control, family care plans, parenting and legal information. A Single Parent Resource Guide is available upon request.

CSF2 (Comprehensive Soldier and Family Fitness) Resilience Classes: Are you feeling overwhelmed? Need help with goal setting? Letting catastrophic thinking take over? Then resilience classes may be for you! Participants learn about resilience and the competencies that contribute to it: Self-Awareness, Self-Regulation, Optimism, Mental Agility, Strengths of Character, and Connection. Grow and thrive in the face of challenges and bounce back from adversity. Classes held monthly. Register at www.carson.army.mil/acs.

RELATIONSHIP ENRICHMENT PROGRAMS

Cooperative Parenting & Divorce: Create a positive parenting partnership on behalf of your child (or children), negotiate child-friendly agreements, remain child focused and much more. This program may meet or exceed the requirements of most divorce court mandated education. Class meets the 2nd Tuesday of the month, 9 a.m. to 2 p.m.. Register online at www.carson.army.mil/acs.

Intimate Allies - Learning, Living and Loving in a Win-Win Marriage: This 2 day workshop focuses on teaching couples how to deeply connect and form a "Safe Haven" couples bond. Couples gain insight into their attachment styles and how to tame the attachment dragons that arise during conflict. Each couple receives a 12 week self-paced plan to increase 7 multiple dimensions of intimacy in their relationship. Class meets most months, register at www.carson.army.mil/acs.

ScreamFree Parenting: Raising your Kids by Keeping your Cool: Learn to relate with your children in a calm, cool and connected way by taking hold of your own emotional responses. This is a 6-week class that is scheduled quarterly.

Relationships 101: This class focuses on the universal qualities that form healthy relationships in various areas of life: friendships, work relationships, dating, marriage and family life. Learn how to and how not to relate in order to have positive fulfilling relationships. A great foundational course for unit training. Available upon request.

Saving Your Marriage Before it Starts - Seven Questions to Ask Before and After You Marry: This class is designed for couples who are dating, engaged or who have been married three years or less. Special emphasis on communication, conflict resolution, understanding differences, and growing close as a couple.



SMART STEPS Step-parenting class: Smart Steps is a research based marriage and family life education program that provides a comprehensive educational base that recognizes the complex-

ties and the interdependent nature of relationships within stepfamilies. This class is offered quarterly.



CHILD SAFETY PROGRAMS

Kids Chat: Interactive workshops for children with activities and discussion about all phases of military deployment. Parents can also meet with a Kids Chat facilitator for questions and discussions. Groups are divided and age specific (5 years to 8 years, 9 years to 12 years and teen groups.) Available upon request.

Peer Mediation/Conflict Resolution: This program teaches children skills that will enable them to think through conflicts and difficult problems instead of turning to violence as a solution. As part of this effort, we offer initial and follow-up peer mediation training to schools in districts 2, 3 and 8. Additionally, we offer school wide conflict resolution training to help children understand and resolve their conflicts in a peaceful way.

LEADERSHIP RESPONSE TO DOMESTIC VIOLENCE

This training covers the material in the standard DV training, but has a focus on the regulatory requirements of leadership, the dynamics of domestic violence that include current state for Fort Carson, early warning signs that the chain of command may observe and how they can implement prevention programs before the actual incident.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

This is a Department of the Army mandated enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated medical, educational, housing, community support and personnel services to families with special needs. An exceptional family member is a family member, regardless of age, with any physical, emotional, developmental or intellectual disorder that requires special treatment, therapy, education, training or counseling. EFMP families must in/out-process

through the ACS EFMP office.

Sexual Harassment & Assault Response Program (SHARP)

Sexual assault is the most under reported crime in our society and can affect any individual regardless of race, sex, origin, or economic status. Sexual assault is a crime that inflicts immeasurable harm on victims and their families. The SHARP Program provides victim advocacy services, support, information, resources, and referrals for adult victims of sexual assault.

The SHARP Program also coordinates emergency medical care and counseling services as needed or requested. The SHARP Program is not only available to victims of sexual assault but also to anyone within the military community who might be interested in sexual assault prevention and education.

Please contact the SHARP program for more information as to how you can obtain additional resources regarding sexual assault prevention and awareness. Service member victims of sexual assault have two options when deciding how to report an assault:

Unrestricted: reporting enables service member victims to receive medical treatment, a sexual assault forensic exam, advocacy services, counseling, and legal services. Command and law enforcement are notified of all unrestricted reports, and a criminal investigation will often be initiated. Protective orders, unit reassignment, and relocation are options often available to a service member victim who elects an unrestricted report.

Restricted: reporting allows service member victims to receive medical treatment, a sexual assault forensic exam, advocacy services, and counseling without notifying Command or law enforcement. This option affords victims additional time to make informed decisions and allows victims the advantage of controlling the release and management of personal information. Victims must report to the following individuals ONLY to receive a restricted report: SARC, Unit Victim Advocate/ Installation Victim Advocate, Chaplain or Healthcare Provider.

VICTIM ADVOCACY PROGRAM (VAP)

Victim Advocates help empower victims to make decisions that will aid in improving their quality of life. They provide victims with information on their rights, help locate shelters, establish safety plans, accompany victims to court proceedings and/or meetings with lawyers, police and command. They also make referrals to local resources. For a Victim Advocate, call (719) 526-4590 or the 24/7 number, (719) 243-7907.

DEPARTMENT OF BEHAVIORAL HEALTH FAMILY ADVOCACY

The following are available programs:

- Domestic Violence Awareness Workshop
- Men's & Women's Groups
- Effective Parenting
- Individual, Marital & Family Counseling

For more information, call DBHFA at (719) 526-4585.

VOLUNTEER OPPORTUNITIES

Join our team and make a difference. Volunteer in one of the following areas: Nurturing (Co-facilitate in sessions with children) or Baby Bundles (Make informational packets or sew quilts and receiving blankets for new parents).



SEXUAL ASSAULT SUPPORT GROUP (SASSY)

Provides support and advocacy for current or former victims of Sexual Assault.

- Registration/Screening Required. Call 719-526-4180 for more information.

DOMESTIC VIOLENCE SUPPORT GROUP

Support group for anyone who has been a victim of Domestic Violence or is in a violent relationship.

- * Tuesdays at 1 p.m. for Women
- * Thursdays at 10 a.m. for Men

"Promoting individual, couple and family wellbeing by offering a comprehensive program that includes awareness, education and support to prevent family violence."