

## Fort Carson Installation Services

Agency/Program	Status	Comments
<b>As of Sept. 16</b>		
		Normal Operations
		Adjusted Operations
		Not Operational
<b>* Note: Changes are in red</b>		
<b>ACS</b>		
		719-526-4590
Employment Readiness Program		Telephonic Support and virtual appointments for resume reviews and career fair prep: 719-524-3816; Virtual classes offered at <a href="http://www.carson.army.mil/acs">http://www.carson.army.mil/acs</a> : Job Search Orientation, Federal Resume and USAJOBS, How to Create a Better Resume and Federal Employment for Military Spouses. New jobs added to website weekly at <a href="https://carson.armymwr.com/programs/employment-readiness">https://carson.armymwr.com/programs/employment-readiness</a> .
Exceptional Family Member Program		Telphonic Support SNAP (Special Needs Accomodation Process) on site Susan Moyer Work: 719-526-0446. Core services provided virtually: Systems Navigation, Compassionate Actions, PCS Assistance (incoming and outgoing). 719-526-0400
Family Advocacy Program		Offering FAP and Nurturing Center virtual prevention classes. Paula Bonney Work: 719-526-0445/Angela McGrady Work: 719-524-1899
Victim Advocacy Program		24/7 Fort Carson Victim Advocacy Crisis Line at 719-243-7907 or <a href="https://carson.armymwr.com/programs/victim-advocacy-program">https://carson.armymwr.com/programs/victim-advocacy-program</a> .
Army Emergency Relief		Online application and instructions available at <a href="http://carson.army.mil/acs">carson.army.mil/acs</a> . Virtual Support Fred Lewis Work: 719-526-4783
Financial Readiness		All services available virtually (budgeting, debt management, retirement planning, consumer counseling and much more). Offering appointments and virtual classes. Units can request custom classes that will be offered through a virtual platform. Call to discuss: 719-526-4601.
Relocation Readiness Program		Appointment Only. In Person and Virtual Appointments Available. Virtual Classes being offered - Eric Moncibais at 719-526-1053 or Stephen Grijava at 719-526-1127; for clearing details and forms, visit <a href="http://www.carson.armymwr.com/programs/relocation-readiness-program">www.carson.armymwr.com/programs/relocation-readiness-program</a> . Immigration assistance and multicultural support (e.g. Everyday English, Meet-Ups) via telephonic support, Stephen Grijalva, 719-526-1127. Newcomers assistance via telephonic support and welcome packet pickup coordination, Veronica Lewis 719-526-0457 or 719-238-8754. Out-processing information via telephonic support, Eric Moncibaisat 719- 526-1053. Additional telephonic support, Jean McClintock 719-526-0466.
Mobilization & Deployment Readiness		All services available virtually, or in person by appointment. Custom classes for units available by request. Deployment support in-person available by appointment. De-Mobilization clearing available telephonically. Connie Roy 719-526-0458
Soldier and Family Assistance Center		Monday, Tuesday, Thursday, Friday from 7:30 a.m. to 4 p.m.; Wednesday from 9 a.m. to 4 p.m. Virtual briefings: Medical Seperation and Medical Retirment. 719-526-1053
Information and Referral		Telephonic support: ACS main number 719-526-4590 option 5; in person and virtual appointments available Monday, Tuesday, Thursday, Friday 8 a.m. to 4:30 p.m.; Wednesday 9 a.m. to 4:30 p.m.
Donation Management		Telephonic Support Rhea Rollman, work 719-526-8558. Available in person by appointment.
Survivor Outreach Services		Appointment only. In person appointments available Monday-Friday from 8 a.m. to 4 p.m. 719-526-0442
Family Enrichment Program		All services available virtually. All classes conducted by video teleconference. Units can request custom classes. SFRG support in-person available by appointment. Connie Roy 719-526-0458
ACS Outreach		Telephonic support Fiona Mosley 719-526-0423. "For Pass it On" and "Special Edition: COVID 19 Resources" visit <a href="https://carson.armymwr.com/programs/pass-it-on">https://carson.armymwr.com/programs/pass-it-on</a>
ACS Volunteer Corps		Appointment only. In person and virtual appointments Monday-Friday 8 a.m. to 4:30 p.m. Telephonic support and virtual classes being offered. 719-526-1082
New Parent Support Program		Offering virtual prevention classes. Home visits are being offered virtually. 719-524-1899

Military & Family Life Counseling		MFLCs will provide virtual services where face-to-face support is restricted and/or unavailable Monday, Tuesday, Thursday, Friday 8 a.m. to 4:30 p.m.; Wednesday 9 a.m. to 4:30 p.m. 719-526-4590 To speak to a CYB MFLC, call Parent Central at 719-526-1101. Phone numbers to Embedded MFLCs are: 1SBCT - 719-424-8819; 2IBCT - 719-415-0661; 3ABCT - 719-313-6887; 4CAB - 719-400-8067; 4SFAB - 571-835-6370; 4SB - 719-250-3793; 627HC, 4 ENG, 759 MP, AFSBn - 719-355-9536; 1SPACE, MEDDAC, DENTAC, 71 EOD, HHBN - 719-355-9181; 10SFG(A) - 719-424-0106, 719-250-5509, 719-466-9609; and all other units -719-323-0944, 719-250-1529, 719-323-4139, 719-250-9975, 719-323-4122, 719-250-3854 or 719-323-5026.
<b>DFMWR</b>		Stacey Garcia Work: 719-526-2917
Ivy Fitness Center		Monday-Friday, 5 a.m. to 10 p.m. with active-duty priority 6 a.m. to 4 p.m. and authorized DOD ID card holders on a space-available basis. Saturday and Sunday, first-come, first-served for DOD ID card holders from 6 a.m. to 8 p.m.
McKibben Fitness Center		Monday-Friday, 6 a.m. to 8 p.m. with active-duty priority 6 a.m. to 4 p.m. and authorized DOD ID card holders on a space-available basis. Saturday and Sunday, first-come, first-served for DOD ID card holders from 6 a.m. to 2 p.m.
Waller Fitness Center		Open around the clock from 6 a.m. Monday to 6 a.m. Saturday; and also noon to 8 p.m. Saturday-Sunday. <b>Closed Saturday, Sept. 19, due to an electrical outage.</b> Active-duty priority Monday-Friday from 6 a.m. to 4 p.m. and authorized DOD ID card holders on a space-available basis. Saturday and Sunday, first-come, first-served for DOD ID card holders from noon to 8 p.m.
Garcia Fitness Center		Monday-Friday, 6 a.m. to 8 p.m. with active-duty priority 6 a.m. to 4 p.m. and authorized DOD ID card holders on a space-available basis. Saturday and Sunday, first-come, first-served for DOD ID card holders from 6 a.m. to 2 p.m.
Ivy Indoor Pool		Effective Sept. 8, Ivy Family Pool is open Monday-Friday 9 a.m. to 7 p.m. and Saturday-Sunday 10 a.m. to 6 p.m., 12 person maximum. Main pool is open Monday-Friday 1-5 p.m. and Saturday-Sunday 10 a.m. to 6 p.m. for recreational swimming, 12 person maximum. Lap swim (eight person maximum) is Monday-Friday from 5-9 a.m. for active duty only; 9 a.m. to 1 p.m. and 5-9 p.m.; and Saturday-Sunday from 6 a.m. to 8 p.m.
Nelson Indoor Pool (lap swim only)		<b>Closed for maintenance.</b>
Ellis Outdoor Pool		Closed for season.
Mountain Post Sports Complex		
Auto Skills Center		Wednesday-Friday from noon to 6 p.m. and Saturday from 9 a.m. to 3 p.m. for active-duty only and limited tasks. Customers must bring their own mask and gloves. Call 719-526-2147 for more information.
William "Bill" Reed Special Events Center		Limited operations effective June 5
Elkhorn Catering and Conference Center		Monday-Friday 9 a.m. to 4:30 p.m. Customers must wear face masks while in the facility and enter through south doors. Social grouping guidelines will be followed and group size will change as installation policies are updated. No self-service food station. Facility tours and event planning are by appointment only, same-day appointments will be available. 719-524-1163
Grant Library		Monday-Friday from 10 a.m. to 4 p.m. to provide curbside service for library materials and computer lab access. Parking spots will be marked off for curbside services. Patrons can call 719-526-284 to reserve video games, DVDs and audio books. Computer lab will be available for restricted use for active-duty Soldiers only with a maximum of 15 users. All patrons will be required to wear masks while in the facility.
Mountain Post Outfitters		
Outdoor Recreation Complex		Limited operations Monday and Friday noon to 6 p.m., Wednesday noon to 2 p.m., Saturday 8 a.m. to 2 p.m. and Sunday 8 a.m. to noon. 719-526-1993
Cheyenne Shadows Golf Course		The golf course is open daily from 7 a.m. to dusk for 18 holes of golf, driving range and golf club and pull cart rentals. Social distancing rules in effect. Mulligans Grill is open 9 a.m. to 4 p.m. Monday-Friday and 8 a.m. to 4 p.m. Saturday-Sunday. Call the golf course at 719-526-4122 or follow them on Facebook at <a href="https://www.facebook.com/CheyenneShadowsGolfClub/">https://www.facebook.com/CheyenneShadowsGolfClub/</a> for weather updates.
Thunder Alley Bowling Center		Closed Monday-Tuesday; Wednesday-Thursday 11 a.m. to 9 p.m.; Friday-Saturday 11 a.m. to 9:30 p.m.; Sunday 1-8 p.m. All customers must wear face masks while in the facility and enter through the northeast doors only. Social group guidelines will be followed and groups will be assigned to lanes prior to entering the facility. Patrons must remain at their assigned lanes. Strike Zone snack bar is open for dine-in and to go orders. Orders can be placed in person or by calling 719-524-1800. It is highly suggested that personal bowling balls and shoes be used.
Cheyenne Mountain Shooting Complex		The range is open Wednesday-Friday from noon to 7 p.m. and weekends from 8 a.m. to 7 p.m. Visit <a href="https://carson.armymwr.com/programs/cheyenne-mountain-shooting-complex">https://carson.armymwr.com/programs/cheyenne-mountain-shooting-complex</a> to review steps taken to provide a safe and clean environment.

Leisure Travel Services (ITR)		Limited operations. Open for customers Tuesday and Thursday 10 a.m. to 4 p.m. Telework Monday, Wednesday and Friday from 9 a.m. to 5 p.m., phone 719-526-5366, email <a href="mailto:fortcarsonleisuretravelsvcs@gmail.com">fortcarsonleisuretravelsvcs@gmail.com</a> .
Mulligan's Grill		Mulligans Grill is open for takeout only Wednesday-Sunday from 9 a.m. to 3 p.m. (social distancing in place). No refills.
Strike Zone Snack Bar and Grill		Wednesday-Saturday from 11 a.m. to 9:30 p.m. and Sunday from 1-9:30 p.m. No cash. All customers must wear face masks while in the facility and enter through the northeast doors only. Orders for the Strike Zone snack bar can be placed in person or by calling 719-524-1800. Dine-in is limited to active bowlers at their assigned lanes.
The Hub		
Iron Horse Park		Playgrounds are open from dusk to dawn in accordance with state guidelines; no more than 10 at a time on the playground, face coverings recommended and social distancing enforced. Play at your own risk.
BOSS		
CYS		All Child Development Centers (CDCs) and School Age Centers (SACs) are open and accepting enrollment for new Families through <a href="http://MilitaryChildCare.com">MilitaryChildCare.com</a> . CDC and SAC operating hours are 5:45 a.m. to 6 p.m.
Parent Central Registration		The Parent Central Services office is operating on an appointment-only basis from 7 a.m. to 6 p.m. Appointments can be made by calling 719-526-1101 or 719-526-8220. Families who need care but are not enrolled should visit the <a href="http://MCC.com">MCC.com</a> ( <a href="http://MilitaryChildCare.com">MilitaryChildCare.com</a> ) website to get on the CYS waiting list. They are also encouraged to visit the CYS website ( <a href="https://carson.armymwr.com/programs/cys-services">https://carson.armymwr.com/programs/cys-services</a> ) to access the paperwork needed in order to get registered for care.
Aspen CDC		Alyshia Lana 719-526-7726
East CDC		Katrina Oliver 719-526-5790 or Diana Garcia-Carvajal 719-526-3383
West CDC		Katie French 719-524-0151
Cheyenne Mountain CDC		Lisa Threadgill 719-526-5845
Monarch CDC		Sheila Armstrong 719-503-5026
Ivy CDC		Jennifer Smith 719-503-8208
Mesa SAC		Tamara Williams 719-524-2987 Brian Wheaton 719-524-2961
Patriot SAC		Tara Paprzyksi 719-526-5424
Youth Center		Limited spaces due to health and safety precautions. Attendees required to make reservations by calling 719-526-2680. Hours are noon to 7 p.m. Monday-Friday until school year starts and 3-7 p.m. Monday-Friday once school year begins. This option will have associated camp fees. Spaces limited; call Parent Central Services at 719-526-1101.
Emergency Orders		Open (reduced manning) Dr. Kim Henry Work: 719-526-9903
<b>DHR</b>		Michael Webb Work: 719-526-2352
ASAP		Drug testing - contact Bill Lana at <a href="mailto:william.w.lana.civ@mail.mil">william.w.lana.civ@mail.mil</a> for support of unit 10 percent, Rehabilitation (RO), Probable Cause (PO) and Competence for Duty (CO) urinalysis test turn-ins. Operational Tuesday 8 a.m. to noon for in-processing of new DA civilians. Risk Reduction, Prevention, Employee Assistance and Suicide Prevention available 7 a.m. to 4 p.m.
PCS Orders		Soldiers can coordinate with MPD to pick up clearing papers 30 days prior to departure date. Soldiers will need a copy of PCS orders and an approved leave form. Soldiers can clear all areas except for final out.
Soldier for Life - Transition Assistance Program		In-person SFL-TAP classes resumed. Class sizes limited to 40 percent of the normal capacity with 20 students per classroom. The Computer Lab remains closed. The VA, Mt. Carmel, USO Pathfinder, Troops to Teachers, PPWFC and DVOP remain in a virtual status. Individualized initial counselings, pre-separation briefings, follow-on counselings and CAPSTONE appointments are available in-person and virtually. UA Veterans in Piping, HBI, SMART Heroes, Textron Systems Aerosonde Unmanned Aircraft and ABF Freight resumed in-person training. MSSA, SecureSET, VLGFMF and O2O continue in a virtual status.
Adult Continuing Education		Monday-Friday 7:30 a.m. to 4:30 p.m. Services provided by appointment only; call 719-526-2124. BSEP/GT prep requires the TABE examination before enrolling in the course. To schedule TABE, SIFT, AFCT, DLPT or DLAB call 719-526-8072. The computer lab remains closed. College representatives are located on the second floor of building 1012.
Administrative Services Division		Official mailroom open Monday-Friday, 7:30 a.m. to 4 p.m. In-person mail handler classes resume July 14, with six Soldiers per class. FOIA/Privacy will be open Monday, Wednesday, Friday, and telework on Tuesday and Thursday.
Military Personnel Division		Open with reduced manning
Mail Services		Open
ID Card (DEERS)		Monday-Friday 8-11:30 a.m. and 12:30-4 p.m., limiting the number of customers in facility. <b>Dependent ID cards that expire after Jan. 1, 2020, will remain active through June 30, 2021.</b>

Soldier Center		SRP is fully operational. Contact Randy Hart at <a href="mailto:randy.l.hart4.civ@mail.mil">randy.l.hart4.civ@mail.mil</a> to schedule your requirements. Retirement packets are virtually submitted to a centralized e-mail: <a href="mailto:usarmy.carson.imcom.central-mbx.dhr-mpd-transitions@mail.mil">usarmy.carson.imcom.central-mbx.dhr-mpd-transitions@mail.mil</a> . SBP/retirement pay start submitted virtually to the RSO at <a href="mailto:carolyn.d.hill9.civ@mail.mil">carolyn.d.hill9.civ@mail.mil</a> .
Transitions		Open (reduced manning)
Casualty Assistance		CNO/CAO classes have resumed; schedule with Derrick Williams at <a href="mailto:derek.williams4.civ@mail.mil">derek.williams4.civ@mail.mil</a> . Hours are Monday-Friday 7:30 a.m. to 4:30 p.m. Call 719-526-5613/5614. After duty hours and weekends, call 719-338-8187.
Finance		Monday-Friday 7:30 a.m. to 4 p.m. for all in- and out-processing and SRP support.
Passports		Open Monday, Wednesday and Friday
<b><u>DPW</u></b>		James Scott Work: 719-526-4446
Service Orders		Emergency work orders and limited routine work orders by priority 719-526-5345 -- available 24/7
Engineering Division		Mark Hunsicker Work: 719-526-8351
Operations and Maintenance		Service orders for maintenance and repair of facilities can be called in to the DPW operations and maintenance contractor 24/7 at 719-526-5345
BOID		
Environmental		Hazardous waste storage and turn in facility, building 9246; operational but minimal manning. Call in advance 719-526-0980
Housing Services Office Building 1225		Available by phone only at 719-526-2322 or 719-526-2323
Single Soldier Housing Office, building 1225		Available via email at <a href="mailto:usarmy.carson.imcom-central.list.dpw-housing@mail.mil">usarmy.carson.imcom-central.list.dpw-housing@mail.mil</a>
Furnishings Warehouse, building 307		Furnishings Warehouse, building 307: Minimal manning daily. Call in advance at 719-524-0051, 719-526-3513 or 719-524-4467
<b><u>DES</u></b>		
Installation Access		Limited to DOD official business (AAFES, DeCA, DOD readiness-critical contractor work, Department of the Army (DA) civilian and military personnel). DOD-affiliated personnel (Gold Star Families, veterans, retirees, dependents). Non-DOD ID card holding visitors require approval from the first O-5 in the chain of command to access Fort Carson. Visitors will be screened before being permitted onto the installation.
Gate 1		Open 24/7
Gate 1 VCC		Open daily 5 a.m to 9 p.m. 719-526-2332
Gate 2		Open Monday-Friday from 5 a.m. to 6 p.m. Closed federal and training holidays.
Gate 3		Open 24/7
Gate 3 Visitor Control Center		Open 24/7
Gate 4		Open 24/7
Gate 5		Open daily 5 a.m. to 9 p.m.
Gate 6		Open 5 a.m. to 6 p.m. Monday-Friday. Closed federal and training holidays.
Gate 19		Open 5 a.m. to 6 p.m. Monday-Friday. Closed federal and training holidays.
Gate 20		Open 24/7.
Emergency Communications Center/911		
<b><u>DPTMS</u></b>		
Range Control		Readiness critical and telework
Training Support Center		Readiness critical and telework
Individual Military Training Branch		Readiness critical and telework
Battle Command Training Branch		Readiness critical and telework
Intelligence and Security Division		Telework Amy Jerby Cell: 719-238-8259
Butts Army Airfield		Readiness critical only (supporting 4CAB local area training flights)
Plans and Operations Branch		Readiness critical and telework



<b>Installation Support Offices</b>		
Equal Employment Opportunity		The office is operational Monday through Friday, 8 a.m. to 4 p.m. for walk-ins. Other EEO Functions are provided remotely/teleworking; by calling 719-526-9673; 719-526-0872; 719-526-4413 or 719-526-5818. provided remotely/teleworking; by calling 719-526-9673; 719-526-0872; 719-526-4413 or 719-526-5818. The EEO office is scheduled to resume normal operations Aug. 10.
Inspector General		
Staff Judge Advocate		<b>Closed for training Sept. 17 from 9:30 a.m. to noon.</b> Open on a limited basis. Power of attorney (POA) and notary services in person, by appointment only. Estate planning services, to include will executions, in person, by appointment only. All other attorney appointments take place telephonically. WALK-IN ASSISTANCE IS NOT AVAILABLE UNTIL FURTHER NOTICE. Appointments are made on the last duty day of the week for the following week; however, POA and notary appointments may be made at any time. To schedule an appointment, call 719-526-5572/5573.
Plans, Analysis and Integration Office		Mr. Degaray Work: 719-526 5426
Public Affairs Office		Dee McNutt Work: 719-526-1269
Resource Management Office		
Religious Support Office		Chapel services with indoor services at 50-percent capacity, 6-foot separation between Family units/single individuals in all directions, pews/chairs closed off to ensure separation. Screening conducted at the entrance of the chapels with thermometers. Livestreaming will continue.
Safety		Telework William Whitman Work: 719-526-2109
<b>Partnered Organizations</b>		
AFSBn		Open, maximizing telework
Substance Supply Management Office		Gregory Joell Work: 719-524-1133
Central Issue Facility		Soldiers PCSing through June 30 have the option to either clear CIF or have their records electronically transferred to their new duty station. 719-526-3321/5512.
Ammunition Supply Point		Michael Koushel Work: 719-526-8621
Group Fuel Points		Lee Nelson Work: 719-526-4640
Installation Property Book Office		Paul Hubbard Work: 719-526-5984
Central Receiving Point		Ricky Roger Work: 719-524-9094
Installation Laundry Facility		
Ivy Warrior Restaurants (Dining Facilities)		Grab and go only. All Ivy Warrior Restaurants (Robert C. Stack, building 2330; James R. Wolf, building 1444; and Warfighter, building 9439) serve "grab and go" only to reduce contact exposure and minimize the risk within each facility. <b>Stack (building 2330) and Wolf (building 1444)</b> — Monday-Friday, 7-9 a.m., 11:30 a.m. to 1 p.m. and 5:30-7 p.m.; weekends and federal/training holidays, 9:30 a.m. to 1 p.m. and 5-6:30 p.m. Only Stack and Wolf IWRs are open weekends and holidays, serving brunch 9:30 a.m. to 1 p.m. and supper 5-6:30 p.m. <b>Warfighter</b> — Monday-Friday, 7:30-9 a.m., 11:30 a.m. to 1 p.m. and 5-6:30 p.m.; Closed weekends and federal/training holidays. <b>LaRochelle Dining Facility</b> — Monday-Friday, 7-9 a.m., 11:30 a.m. to 1 p.m.; no dinner. Closed weekends.
Transportation Motor Pool		
Installation/Post Shuttle		Spaced seating
Defense Military Pay Office (DMPO) Military Pay Separations Section		DMPO will be clearing Soldiers via telecommunications. Submit copy of leave form (if taking leave), complete copy of orders (including amendments) and a completed information/action sheet with a phone number. Finance Separation Action sheet can be obtained via email or at Clearing Station ECHO at Mountain Post Soldier Center. Submit documents to yana.d.balezdrova.civ@mail.mil and vanmoney.n.chanthanam.ctr@mail.mil and CC kathleen.h.cerullosmith.civ@mail.mil. Call 719-526-1302 and leave a message. Due to the high volume of customer calls, telephone inquiries could take up to three business days for a callback.
<b>Commissary</b>		Hours are Monday-Friday 9 a.m. to 8 p.m., Saturday 8 a.m. to 8 p.m. and Sunday 8 a.m. to 6 p.m. Labor Day hours Sept. 7 are 10 a.m. to 6 p.m. Customers are required to wear a cloth face covering. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. Sidney Conner Work: 719-503-8302
<b>Exchange</b>		Daily hours are 9 a.m. to 6 p.m. daily. <b>(Effective Sept. 19, hours will be 9 a.m. to 7 p.m.)</b> AAFES facilities are enforcing maximum occupancy directives, limiting customers in the store based on each facility's square footage.
<b>Exchange service restaurants</b>		<b>Limited dining in for all Exchange restaurants with dining-in capabilities in accordance with state guidelines.</b>
Furniture Store		Monday-Friday 10 a.m. to 6 p.m., Saturday 10 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m.

Exchange Mobile Center		Monday-Friday 10 a.m. to 6 p.m., Saturday-Sunday, 10 a.m. to 5 p.m.
Gate 3 Express		Monday -Friday 5 a.m. to 11 p.m.. Saturday 6 a.m. to 11 p.m., and Sunday 7 a.m. to 11 p.m.
Gate 3 Burger King		Monday-Friday 6 a.m. to 7 p.m., Saturday 8 a.m. to 7 p.m., Sunday 8 a.m. to 5 p.m.
Gate 4 Express		Monday -Thursday 5 a.m. to 9 p.m., Friday 5 a.m. to 11 p.m., Saturday 8 a.m. to 11 p.m., Sunday 8 a.m. to 9 p.m.
Gate 4 Subway		Monday-Friday 6:30 a.m. to 7 p.m., Saturday-Sunday 10 a.m. to 4 p.m.
Wilderness Express		Monday-Friday 5 a.m. to 7 p.m.
Wilderness Subway		Monday-Friday 6 a.m. to 7 p.m.
Wilderness U.S. Patriot		Monday-Friday 7:30 a.m. to 3 p.m.
Wilderness Barber Shop		Monday-Friday 7:30 a.m. to 1 p.m., closed weekends
Gate 20 Express		Monday-Friday 5 a.m. to 9 p.m., Saturday-Sunday 7 a.m. to 9 p.m.
Gate 20 Jimmy John's		Daily 9 a.m. to 8 p.m.
Ivy Troop Express		Monday-Friday 7 a.m. to 5 p.m., Saturday 10 a.m. to 5 p.m. and Sunday 11 a.m. to 5 p.m.
Ivy Troop Barber Shop		Monday-Saturday 7:30 a.m. to 4 p.m., closed weekends
Ivy Troop Dainty's Kitchen		Monday-Friday 10:30 a.m. to 2 p.m.
Ivy Troop Rod's Italian		Closed
<b>Exchange Food Court</b>		
Burger King		Monday-Friday 11 a.m. to 5 p.m., Saturday-Sunday 11 a.m. to 4 p.m. <b>Effective Sept. 19, Monday-Friday 11 a.m. to 7 p.m., Saturday-Sunday 11 a.m. to 6 p.m.</b>
Charley's Steakery		Monday-Friday 8 a.m. to 6 p.m., Saturday-Sunday 9 a.m. to 5 p.m. <b>Effective Sept. 19, Monday-Saturday 9 a.m. to 7 p.m., Sunday 10:30 a.m. to 5 p.m.</b>
Boston Market		Monday-Friday 11 a.m. to 6 p.m., Saturday-Sunday 11 a.m. to 5 p.m. <b>Effective Sept. 19, Monday-Friday 11 a.m. to 6 p.m., Saturday 11:30 a.m. to 6 p.m., Sunday 11:30 a.m. to 5 p.m.</b>
Bun-D		Monday-Friday 11 a.m. to 5 p.m., Saturday-Sunday 11 a.m. to 4 p.m. <b>Effective Sept. 19, Monday-Friday 10 a.m. to 5 p.m., Saturday 11 a.m. to 4 p.m., Sunday closed .</b>
Subway		Monday-Friday 10:30 a.m. to 4 p.m., Saturday-Sunday 11 a.m. to 4 p.m. <b>Effective Sept. 19, Monday-Saturday 10 a.m. to 6 p.m., Sunday 11 a.m. to 5 p.m.</b>
Starbucks		Monday-Friday 7 a.m. to 6 p.m., Saturday-Sunday 9 a.m. to 5 p.m. <b>Effective Sept. 19, Monday-Saturday 6 a.m. to 6 p.m., Sunday 9 a.m. to 5 p.m.</b>
<b>Triple Foods</b>		
Burger King		Monday-Friday 6 a.m. to 9 p.m., Saturday 6:30 a.m. to 9 p.m., Sunday 7 a.m. to 8 p.m.
Arby's		Monday-Friday 6:30 a.m. to 9 p.m., Saturday 7 a.m. to 9 p.m., Sunday 10:30 a.m. to 8 p.m.
Qdoba		Monday-Saturday, 10:30 a.m. to 9 p.m., Sunday 10:30 a.m. to 8 p.m.
<b>Mall Concessions</b>		
GNC		Daily 9 a.m. to 5 p.m.
Game Stop		Daily 11 a.m. to 5 p.m.
U.S. Patriot		Daily 11 a.m. to 5 p.m.
Out of the Norm		Monday-Saturday, 11 a.m. to 5 p.m.
Quality Auto		Monday-Saturday, 11 a.m. to 5 p.m.
Beauty Shop		Thursday-Saturday, 11 a.m. to 5 p.m.
Optometry		Monday-Friday, 9 a.m. to 5:30 p.m.; Saturday, 9 a.m. to 3 p.m.
Optical Shop		Monday-Saturday, 9 a.m. to 4 p.m. for pick-ups and reorders
Flower Shop		Monday-Saturday, 11 a.m. to 5 p.m.
Frame Shop		Monday, Wednesday and Friday, 11 a.m. to 5 p.m.
Barber Shop		Main Exchange Monday-Saturday 8 a.m. to 5 p.m., Sunday 10 a.m. to 5 p.m.; Mini Mall Monday-Friday 7 a.m. to 5:30 p.m., Saturday 8 a.m. to 5 p.m., Sunday 10 a.m. to 4 p.m.
<b>Mini Mall</b>		
Military Clothing and Sales		Monday-Friday from 7:30 a.m. to 6 p.m., Saturday, 10 a.m. to 5 p.m.
Alterations		Monday-Friday 9 a.m. to 6 p.m., Saturday, 10 a.m. to 4 p.m.
Dry Cleaners		Monday-Friday 9 a.m. to 4 p.m.
Class Six AAFES Main Store		Monday-Wednesday 9 a.m. to 8 p.m., Thursday-Saturday 9 a.m. to 9 p.m., Sunday 10 a.m. to 5 p.m.
Beauty Shop		Wednesday 9 a.m. to 3 p.m., Thursday-Sunday, 9 a.m. to 5 p.m.
Subway		Monday-Friday, 10 a.m. to 5 p.m.
Domino's Pizza		Sunday-Thursday, 10 a.m. to 11 p.m., Friday-Saturday 10 a.m. to midnight (delivery or take-out only)
Brisket Brothers		Monday-Friday, 11 a.m. to 3 p.m. (take-out only)
UPS Store		Monday, Wednesday, Thursday, Friday 8 a.m. to 5:30 p.m.; Tuesday 7 a.m. to 5:30 p.m., Saturday 10 a.m. to 3 p.m.
Tops & Blue		Monday-Friday 10 a.m. to 4 p.m., Saturday-Sunday 11 a.m. to 2 p.m.
All Clear		Monday-Friday 10 a.m. to 4 p.m., Saturday 11 a.m. to 4 p.m.
DME Medical Equipment		Monday-Friday, 9 a.m. to 5 p.m.

Sweet Pea Soaps		Monday-Friday 11 a.m. to 4 p.m.
Tumbleweeds		Monday-Friday 10 a.m. to 2 p.m.
Dunkin Donut, Bldg 5940		Monday-Friday 6 a.m. to 6 p.m., Saturday-Sunday 8 a.m. to 6 p.m. (drive-thru or take-out only)
Baskin Robbins, Bldg 5940		Monday-Sunday 10 a.m. to 6 p.m.
Dunkin Donut, Bldg 900		Monday-Friday 6 a.m. to noon (drive-thru only)
Firestone		Monday-Friday 7 a.m. to 7 p.m., Saturday 7 a.m. to 6 p.m., Sunday 8 a.m. to 5 p.m.
Green Beans Coffee		Monday-Friday 6 a.m. to 2 p.m. (drive-thru or take-out only)
KFC		Monday-Friday 10:30 a.m. to 9 p.m., Saturday-Sunday 11 a.m. to 7 p.m. (drive-thru only)
Jimmy John's (Firestone)		Daily 10:30 a.m. to 9 p.m. (delivery, drive-Thru or take-out only)
Pizza Hut		Sunday-Thursday 10 a.m. to midnight, Friday-Saturday 10 a.m. to 1 a.m. (delivery, drive-thru or take-out only)
<b>USO</b>		Telework Sonja Dahmer Work: 719-488-1048 Cell: 571-215-7623. USO Colorado Springs Center and Pathfinder offices are closed; all staff is teleworking. Virtual programming and events are posted to USOCOLORADOSPRINGS Facebook, twitter and Instagram. Pathfinder staff is accepting new clients, assisting service members with transitioning into civilian life. Support requests: Katie Barley 571-217-9573
<b>Americal Red Cross</b>		Manned at EACH; Telework at building 1217 Mrs Forcum Work: 719-526-7144
<b>Balfour Beatty Self-help supply delivery</b>		Housing residents can login to the Resident Portal at FortCarsonFamilyHomes.com, register for an account and request self help supply delivery
<b>Balfour Beatty Playgrounds</b>		Playgrounds are open as of June 11 in accordance with state guidelines; no more than 10 at a time on the playground, face coverings recommended and social distancing enforced.
<b>Maintenance Operations</b>		Balfour Beatty resumed routine work orders May 18 with additional safety protocols in place to address the backlog of work and resume preventive maintenance.
<b>Fountain Fort Carson District 8</b>		
<b>CPAC</b>		Telework NAF: 719-526-4445, usarmy.carson.hqda-cpac.mbx.naf-hro@mail.mil APF: 719-526-8341, usarmy.carson.chra-sw.mbx.cpac@mail.mil
<b>Fort Carson Tax Center</b>		Closed for the season.
<b>DMV</b>		On-post DMV reopened Sept. 8. Customers can make an appointment for in-person service using the online appointment scheduler system at <a href="http://www.epcdrives.com">www.epcdrives.com</a> .
<b>Envisions</b>		
<b>Joint Personnel Property Shipping Office</b>		E-mail Movement Support Team at <a href="mailto:jppso-nc.movementsupport@us.af.mil">jppso-nc.movementsupport@us.af.mil</a> . Call 719-554-9291/4196 or visit <a href="http://move.mil">move.mil</a>
<b>EVANS ARMY COMMUNITY HOSPITAL (EACH)</b>		
Central Screening & Testing Center (CSTC)		Monday-Friday, 7 a.m. to 3 p.m., east side of hospital. After hours and weekends, visit the Emergency Department.
COVID-19 Hotline		719-524-2684. Monday-Friday, 7 a.m. to 3 p.m. National Nurse Advice Line available 24/7 at 800-874-2273, option 1.
<b>Primary Care</b>		
Internal Medicine Clinic		100% Virtual Appts. Case-by-Case for required Face-to-Face
Ivy Clinic		Acute care provided in CSTC. Well-child visits for children up to 12 months, 18 months, 2 years and 4-5 years of age. Contraceptive placement, cervical cancer screenings, surveillance pap smears and case-by-case disease management will be conducted face-to-face. Call 719-524-4068 for scheduled immunizations and influenza vaccines for children up to 12 months, 18 months, 2 years and 4-5 years of age.
Pediatrics		Required face-to-face follow-up appointments, otherwise considered case by case. Majority of appointments are now virtual. Acute care provided in CSTC. Well-child visits for children up to 12 months, 18 months, 2 years and 4-5 years of age. Call 719-526-1896 for scheduled immunizations and influenza vaccines for children up to 12 months, 18 months, 2 years and 4-5 years of age.
Robinson/BAAF/DiRaimondo/Warrior Clinics		Soldiers with flu-like symptoms, please visit the CSTC. All others, visit your assigned clinic. Contraceptive placement, scheduled immunizations, cervical cancer screenings, surveillance pap smears and case-by-case disease management will be conducted face-to-face. No later than June 1, Warrior Clinic will resume clinical operations in building 7500 in support of 1st SBCT Soldiers. Medical and immunization appointments will be made telephonically. No immunization walk-ins are permitted until further notice.
Pharmacy		<b>Curbside Pharmacy Service</b> is available for refill prescriptions Monday-Friday from 8 a.m. to 5 p.m. in parking lot G near the SFCC (East Entrance) for refills. Call 719-524-4081 and select option 1 to schedule pick-up time. <b>Main Outpatient Pharmacy:</b> open Monday-Friday from 8 a.m. to 5 p.m. for new prescriptions and to drop-off hard copy prescriptions.

<b>OB/GYN</b>		
OB/GYN Hotline		719-526-8279, Monday-Friday 8 a.m. to 4:30 p.m. After hours, call Labor and Delivery at 719-526-7092
OB/GYN Clinic		Cervical cancer screenings and surveillance pap smears will be face-to-face. All new OB intakes, 16 and 24 week routine OB and select GYN consults are virtual. Adult family members and children of patients should stay home.
Labor & Delivery		Adult family members and children of patients should stay home. Visitors may not visit patients who have been admitted to the inpatient ward. Visitors will be required to wear hospital-issued PPE, as directed. Mountain Post Birthing Center will allow one designated visitor for duration of patient's stay.
<b>Behavioral Health</b>		
Child & Family		Majority of appointments now virtual.
Family Advocacy		As needed face-to-face appointments.
Intensive Outpatient Program		No group appointments.
Embedded Behavioral Health		Combination of face-to-face and virtual appointments.
Inpatient Behavioral Health		No change.
Multi-Disciplinary Clinic		Combination of face-to-face and virtual appointments.
Substance Use Disorder Clinic		No group appointments.
<b>Department of Surgery</b>		
Operative Services		No elective surgeries; Urgent/emergency cases only
General Surgery/Ophthalmology/Otolaryngology/Urology/Orthopedics/Podiatry		Virtual appts maximized for routine referrals. Continue to see short term post op follow ups for surgeries done in February and March. Urgent care on a case-by-case basis for required face-to-face.
Pain Clinic		Virtual appts maximized for routine referrals. Case-by-case for face-to-face.
Optometry		Acute ocular injury or illness b. Annual short/long flight physical c. Separation (e.g., ETS, retirement) physical d. MEDPROS vision readiness screening, by appointment e. Post-surgical follow-up f. Deployment within 30 days
Audiology		Acute hearing loss
Radiology		CTs, MRIs, ultrasound, NM and X-ray will begin increasing availability based on risk and medical necessity as clinics begin to open. Mammography screening to begin June 1.
<b>Department of Medicine</b>		
Dermatology Clinic		Cancer screenings and more urgent appointments will begin being seen face-to-face. Synchronous and asynchronous virtual health appointments will be optimized. Cosmetics will be postponed.
Allergy Clinic		Preparing to reopen minimally June 1 for Immuno Therapy followed by face-to-face specialty appointments. Virtual health will be optimized.
Sleep Lab		Restart sleep studies maximizing Home Sleep Studies
Cardio Clinic		Cardiology and Pulmonology patients will be tested for COVID three days prior and will perform the procedures using N95 masks or Powered Air Pressure Respirators (PAPRs) within negative pressure rooms or Operators Rooms (ORs) that provide high recirculating laminar flow.
<b>Exceptional Family Member</b>		
EFMP		Scheduling screenings for overseas assignments; email <a href="mailto:usarmy.carson.medcom-each.list.efmp@mail.mil">usarmy.carson.medcom-each.list.efmp@mail.mil</a> to schedule screening or request more information. Documentation for the OCONUS Family member must be submitted for an appointment. Required forms - DA Form 5888, blocks 1-8 completed; DA Form 7246 signed by spouse and knowledge of a recent physical at a military treatment facility or documentation provided by an off-post provider. Download forms at <a href="https://evans.amedd.army.mil/Services/30/Exceptional-Family-Member-Program-EFMP">https://evans.amedd.army.mil/Services/30/Exceptional-Family-Member-Program-EFMP</a> . Patients can schedule a virtual overseas physical with their provider by calling appointment line at 719-526-2273. Patients are eligible if they have received care in the Military Health System within the last 12 months.



<b><u>Veterinary Services</u></b>		
Fort Carson Veterinary Center		Fort Carson Veterinary Center is open Monday-Friday from 8 a.m. to 4 p.m. Staff is available to register new clients for future appointments and answer questions or concerns by phone at 719-526-3803. Public health visits for rabies vaccination, deworming and monthly preventatives, PCS travel visits, veterinarian advice and telemedicine, prescription medication refills, puppy and kitten vaccinations and case-by-case sick calls are conducted face-to-face. The lobby is closed to all other appointments.
<b><u>Department of Veterans Affairs</u></b>		
Pre-discharge claims appointments		Call 719-524-2346, leave full name, phone number and separation date
General VBA questions		Call 719-526-1818, leave full name, phone number and brief message <a href="https://www.va.gov/claim-or-appeal-status/">https://www.va.gov/claim-or-appeal-status/</a> , log in with your DS Logon/CAC card, My HealthVet, or ID.me account. If you don't have any of those accounts, you can create one.
Submit completed claim or supporting documents		Submit at <a href="https://www.va.gov/claim-or-appeal-status/">https://www.va.gov/claim-or-appeal-status/</a> , log in with your DS Logon/CAC card, My HealthVet, or ID.me account. If you don't have any of those accounts, you can create one.
<b><u>Dental Services</u></b>		
		<b>Services Monday-Thursday 7 a.m. to 3:30 p.m., Friday 7 a.m. to 3 p.m.</b>
Smith Clinic		719-526-5400, 7 a.m. to 4 p.m. Monday-Friday for dental emergencies/sick call; DRC3 treatment for deploying service members by appointment; DRC4 exams for deploying units by appointment
Dental Clinic #1		719-526 2200/2201; 7 a.m. to 4 p.m. Monday-Friday for DRC4 exams by appointment only
Dental Clinic #2		7 a.m. to 4 p.m. Monday-Friday
Larson Dental Clinic		7 a.m. to 4 p.m. Monday-Friday