Welcome to the Mountain Post and Colorado Springs, consistently ranked among the top 3 locations to live in the country. The Pikes Peak region has unlimited outdoor recreational opportunities for any adventure.

Combining physical, spiritual, and mental health, Mountain Post Living (MPL) is a post-wide initiative to help you make the most of your time here. Now start building your #mountainpostliving bucket list!

Army Community Service
1517 Ellis St, Bldg. 1201
(719) 526-4590
Offers a wide variety of services and programs to include relocation assistance, employment services, and volunteer opportunities. Fort Carson is a high cost of living area, if you need assistance creating a budget, visit our financial counselors.

Army Emergency Relief (AER)
1517 Ellis St, Bldg. 1201
(719) 526-4783 or 526-4590
Emergency financial assistance ranging from initial deposit and the 1st months rent to vehicle repairs. Applications are available by searching AER at www.carson.army.mil/acs.

Child & Youth Services (CYS)
1590 Prussman Blvd, Bldg. 1518
(719) 526-1101
Visit the Parent Central Office to enroll. Open to children ages six-weeks to 18 years. Enrollment does not move over from other installations.

Deers & ID Cards
1039 O’Connell Blvd, Bldg. 1039
(719) 524-3704
We challenge you to be inspired. Mountain Post Living inspires a life of balance; a way of defining your personal journey along the way by bringing together mind, body, and community into your personal destination experience.

We encourage you to take advantage of installation services and programs. Improve your health and performance, connect with the community and explore beyond our gates.

IVY WARRIOR RESTAURANTS

Fort Carson has five Ivy Warrior Restaurants (dining facilities) that serve breakfast, lunch and dinner weekdays. On weekends and holidays, one Ivy Warrior Restaurant serves brunch and supper. Schedules are printed in the weekly Fort Carson Mountaineer newspaper and posted to the U.S. Army Fort Carson Facebook page on Thursday mornings.

For hours of operation, please follow this QR code:

DOD ID card holders and their guests can dine at all Ivy Warrior Restaurants on Fort Carson. These are cath only locations.

The Ivy Warrior Restaurants are located at:

**James R. Wolf**
Building 1444
near Specker Avenue and Nelson Street

**Robert C. Stack**
Building 2330
near Titus Boulevard and Specker Avenue

**Warfighter**
Building 9439
near Wilderness and Warfighter roads

**LeRochelle**
Building 7401, near Devens Street and Jedburgh Drive (Note: only serves breakfast and lunch weekdays; closed weekends and holidays)

**Evans Army Community Hospital Dining Facility**
1650 Cochran Circle
West Entrance
719-526-7000

INSTALLATION MWR FITNESS CENTERS

- **IVY FITNESS CENTER**
  6415 Specker Ave., Bldg. 1925
  (719) 526-2706

- **GARCIA FITNESS CENTER**
  6360 Porter St., Bldg. 1856
  (719) 526-3944

- **MCKIBBEN FITNESS CENTER**
  5785 Barkeley Ave., Bldg. 1160
  (719) 526-2597

- **WALLER FITNESS CENTER**
  6946 Magrath Ave., Bldg. 2357
  (719) 526-2742

INSTALLATION AAFES DINING OPTIONS

- **Bun-D**
  Bldg. 6110 Martinez St.
  (719) 576-5661

- **Charleys**
  Bldg. 6110 Martinez St.
  (719) 576-5661

- **Domino’s**
  Bldg. 1510
  (719) 377-6868

- **Subway**
  Bldg. 6110 Martinez St.
  (719) 576-5661

- **Jimmy John’s**
  Bldg. 3600
  (719) 579-7827

- **Starbucks**
  Bldg. 6110 Martinez St.
  (719) 576-5661

- **Pizza Hut**
  Bldg. 5940
  (719) 538-0100

- **Brisket Brothers**
  Bldg. 1510
  (719) 357-6459

- **Baskin-Robbins**
  Bldg. 5940
  (719) 785-4823

**Green Beans Coffee**
Bldg. 1827
(719) 576-0130

**Arby’s**
Bldg. 1533
(719) 226-1269

**Kentucky Fried Chicken**
Bldg. 1533
(719) 579-8237

**Burger King**
(719) 226-1269

**Qdoba Mexican Eats**
Bldg. 1533
(719) 226-1269

**For hours of operation, please follow the QR code**

4TH INFANTRY DIVISION

4th Infantry Division and Fort Carson builds and maintains combat ready expeditionary forces necessary to fight and win in complex environments as members of a Joint, Interagency, Intergovernmental, and Multinational (JIIM) team or as a Mission Command Element (MCE); provides first class support to Soldiers, Airmen, Civilians, and Families; and enables unified action with community, state, and interagency partners to accomplish all assigned missions.

TENANT UNITS

- MEDDAC
- Dental Activity (DENAC)
- 1st Space BDE
- AFSBN
- 4th Engineer Battalion
- 759th MP Battalion
- 13th Air Spt Operations Squadron (USAF)
Welcome for Spouses and Families, Multicultural support, and a Homebuyer’s Workshop. Visit with us at the weekly Candlewood Suites Social on Wednesday’s. We are ready to assist you in making a smooth move.

ON-POST HOUSING (Balfour Beatty Communities)
6800 Prussman Blvd
(719) 579-1606
Balfour Beatty Communities (BBC) operates Army Family Housing on post. To initiate the process, visit www.fortcarsonfamilyhousing.com or stop by the Joel Heffley Community Center. If you require any changes to your home due to a medically diagnosed special need, contact the ACS EFMP at 526-0400.

RELIGIOUS SUPPORT SERVICES (RSO)
6333 Martinez St, Bldg. 1500
(719) 526-5279
One of the first things many Soldiers and Families look for upon arrival at a new Army Post is a place of worship. In addition to chaplains and religious affairs specialists serving every unit, there are five chapels located across the post, all offering worship services with your “spiritual needs” in mind. Whatever your religious background, you can grow and flourish.

REQUESTING A SPONSOR
If you have not been assigned a sponsor, one will be assigned during in-processing. Newcomers support is available through the Army Community Service (ACS) Relocation Readiness Program at (719) 526-0457.

SCHOOL SUPPORT
1590 Prussman Blvd, Bldg. 1516
(719) 526-1101
Colorado has open enrollment with 5 types of choices for parents. Contact the School Liaison Officers (SLO) for guidance.

THrift SHOP (Mountain Post)
5769 Wallace St, Bldg. 1045
(719) 526-5966
Inventory includes toys, clothing, home decor, home furnishings, and more. New donations received daily, so check back regularly.

VOLUNTEER REALTOR PROGRAM
1225 Evans St, Bldg. 1525
(719) 526-7578
Provided in partnership with the Pikes Peak Association of Realtors (PPAR). Assistance with rental and sale listings, information regarding home purchases, home interest rates, as well as discussing various types of mortgages such as VA, FHA, and conventional loans.

WARRIOR’S WAREHOUSE
5769 Wallace St, Bldg. 1045
Allows E-5 and below and their Families free household items once every 30 days; limit of 5 items. These items are new to like new. Referrals can be requested at ACS or your unit Command Family Readiness Representative (CFRR).

Newcomers Information for Evans Army Community Hospital (EACH)

STEP 01
DEERS Enrollment
Micrconnect in person at:
BLDG 1039, 1839 O’Connell Blvd
First time dependents must register in person. Appointments can be scheduled through RAPIDS at:
rapid-appointments.dmdc.osd.mil

STEP 02
Hospital Enrollment
Enrollment is conducted at Admissions and Dispositions. This is required for appointments and prescriptions.
Main Hospital, First Floor, Room 1050
Appointments
For an appointment, call the Access to Care Line (719) 524-2273 or 526-CARE (2273) Monday-Friday, 6 a.m. - 4:30 p.m. Select Option 1 to make or cancel an appointment.

STEP 03

STEP 04
TRICARE Online
TRICARE Online can be used at any time, from any location, to access health and wellness information, schedule a routine appointments, check the status of prescription medications or refill prescriptions.
www.tricareonline.com

STEP 05
Secure Messaging
Send a secure email to your team through TRICARE Online Secure Messaging! To get started, give your Email address to our staff then use the Secure Messaging link below to Sign In or to Create an account.
www.TOLSecureMessaging.com

For activities and points of interest in the Colorado Springs Front Range Community, please visit the website above using the provided QR code.