


<p><u>Stress and Trauma</u></p> <p>Mindfulness</p> <p>Jeffco Virtual Calm Space</p> <p>Coping Skills for Kids</p> <p>Grief and Loss</p> <p>Judi's House</p>	<p><u>Elementary School</u></p> <p>The Imagine Neighborhood</p> <p>Sesame Street in Communities</p> <p>Elementary School Developmental Milestones</p>	<p><u>Middle/High School</u></p> <p>ParenTeenConnect.org</p> <p>Middle School Developmental Milestones</p> <p>High School Developmental Milestones</p>	<p><u>Physical Health</u></p> <p>Physical Wellness and Health Activities</p> <p>How much sleep does your child need?</p> <p>Healthy Eating Habits</p>
<p><u>Summer Food, Clothing, & Financial Assistance</u></p> <p>Community Table Food Bank: 303-424-6685</p> <p>Summer food stamps</p> <p>Jeffco Eats summer food program</p> <p>Hunger Free Hotline</p> <p>The Action Center: 720-215-4850</p> <p>Clothes to Kids: 720-379-4630</p>	 <p>Resources for Families in the Arvada West Area</p>	<p><u>Summer Enrichment Opportunities</u></p> <p>Apex Parks and Rec</p> <p>Jeffco Public Library's Summer Events and Challenges</p> <p>Culture Pass</p> <p>Denver Free Days</p> <p>Majestic View Nature Center</p>	
<p><u>Parents Education Supports</u></p> <p>Nick Thompson Podcast</p> <p>Child Mind Institute</p> <p>Common Sense Media</p> <p>Positive Behavior Support Strategies for the Home</p> <p>Free Webinars for Parents:</p> <p>Executive Functioning (2)</p> <p>Funcionamiento Ejecutivo</p>	<p><u>Crisis Support</u></p> <p>Safe2Tell 1-877-542-7233 Anonymously report bullying or other safety concerns</p> <p>Colorado Crisis Services 1-844-493-TALK (8255) or text TALK to 38255 Free confidential counseling support 24/7</p> <p>The Trevor Project 1-866-488-7386 Crisis and suicide hotline</p>	<p><u>Mental Health Supports</u></p> <p>I Matter 6 free therapy sessions for youth</p> <p>Jefferson Center for Mental Health (JCMH)</p> <p>The Jed Foundation</p> <p>Local Mental Health Providers</p>	<p><u>Supports for Specific Populations</u></p> <p>El Centro de las Familias Bilingual mental health services</p> <p>The LGBTQ Center of Colorado Programing and support for the LGBTQ community</p> <p>Hope House Supports for teen moms</p> <p>DDRC Developmental Disability Resource Center</p>

supporting LGBTQ youth

[Hazel Health Counseling](#)