

Chatfield Counseling Updates 4-23-2021

PREVENT SUICIDE QPR: Question, Persuade, Refer Gatekeeper training! [SIGN-UP form](#)

Your Chatfield SELS, Diana Rarich, is offering a variety of times and dates to equip you with this potentially life-saving training about how to respond if someone is in the midst of a suicidal crisis.

Dates offered:

Monday April 26th, at Noon-1pm OR 6-7pm

And May 2nd, Sunday, 6pm

You may also indicate interest for notification of future dates



Podcasts to follow:

[Perspectives for Parents](#) and [The Happiness Lab](#)



Here are some of our favorites! We encourage you to find a few that nourish you!

Coffee with the Counselors

Wrapped up for the year today, please reach out to diana.rarich@jeffco.k12.co.us if you have requests for topics next year. We value the chance to connect!

TEXT @CSHParent to 81010 for event links

CONNECT with your counselor

directly at: tinyurl.com/CSHCounseling

Archives are at: tinyurl.com/SELSEvents

Ongoing resources are available at: [FB.com/COCourageousParenting](https://fb.com/COCourageousParenting)



April 23rd, 2021

FREE apps to support wellness



[Beautiful Mood App](#) -
Bullet Journaling
[Insight Timer App](#) -
Meditation



Helen and Arthur E. Johnson
Depression Center

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Colorado Depression Center has some really informative trainings both live and recorded to support you in parenting. [Click here](#) for recordings, or go to ColoradoDepressionCenter.org

