



Thanks for visiting Counselor's Corner. We spend so much time updating this newsletter and we hope you find it helpful. It is filled with resources, events, awards, jobs, college visits, post secondary planning info, and more.

THIS DOC IS UPDATED ONGOING SO PLEASE CHECK BACK OFTEN

SUMMER!

☰ **Summer Opportunities 2024** (in the community and beyond)

☰ **Summer Credit Earning Opportunities 2024**

UPCOMING NEW VISTA EVENTS

None at this time

UPCOMING BVSD AND COMMUNITY EVENTS

★ **Empowerment Community**

<https://www.projectglimmer.org/empowerment-academy>

COOL OPPORTUNITIES

★ **Swarthmore College**

One of the nation's top liberal arts and engineering colleges, Swarthmore College, is now accepting nominations for their **all-expenses-paid fly-in program!** [Nominations](#) and [applications](#) are due **Saturday, June 15, 2024.**

Rising high school seniors are given the opportunity to stay on a college campus for a few days and get a taste of the college experience! You get to meet current students and professors, eat in the dining hall, and spend a few nights in college dorms with student hosts — **with all expenses paid by Swarthmore!** This program is also a helpful way to see if this college is the right fit for you!

During review of nominations, the selection committee prioritizes applications from students who are:

- ★ First generation in their family to attend college
- ★ Low-income students (Pell-eligible, free/reduced lunch, etc.), and students who might not otherwise be able to afford a trip to campus
- ★ [Rural and small town students](#)
- ★ [Undocumented and DACA-eligible students](#)

Next Steps

We contact all nominated students in mid-April to let them know that they must complete

the application in order to be considered. If a student chooses to apply and is accepted to the program, Swarthmore pays for round-trip airfare/train fare, housing, meals, and travel incidentals to attend.

★ **Volunteer with [HumanKind Network](#)**

Help with [Virtual Tutoring](#) and [Food Deliveries](#). They are an entirely volunteer-run organization. Volunteering is a flexible, convenient, and personalized experience. These opportunities are great for students looking for service hours, or just a way to feel involved in their community. Our services are also always contactless and/or virtual. Students who are interested can sign up on our website by filling out the form on our [Be a Volunteer](#) page.

★ **Explore Bowdoin**

If you are a low-income and/or first-generation-to-college member of the Class of 2025, then Explore Bowdoin is for you! Explore Maine and experience Bowdoin (bo-dun) for yourself. Stay with students, attend classes, meet professors, eat in the dining halls, explore downtown Brunswick, check out student clubs and organizations—and learn about the college admissions process and financial aid along the way! **Bowdoin handles all of the logistics and covers the cost of the trip! Who can apply?** Interested high school seniors (US citizens, permanent residents, and undocumented/DACA students living in the US) intending to enter college in Fall 2025 are welcome to apply. Please note that preference is given to applicants from lower income backgrounds, students who will be the first in their families to attend college, or those who come from rural areas. More more information and to apply [click here!](#)

POST SECONDARY EVENTS/OPPORTUNITIES

Fort Collins, CO: Group Presentation with Emory, Hopkins, Notre Dame, and WashU -

Saturday, Apr. 27, 1:00 PM: Join members of the admissions committee from Emory University, Johns Hopkins University, University of Notre Dame, and Washington University in St. Louis for an in-person information session featuring four of the top research institutions in the U.S. More info and register [HERE](#)

AWARDS AND SCHOLARSHIP OPPORTUNITIES

★ **Seniors see our [scholarship newsletter!](#)**

★ **For even more scholarship opportunities check out the [Denver Foundation](#) and the [Elevations Foundation Scholarships!](#)**

★ **Exclusive list of scholarships for students that are Black [here!](#)**

★ **[The Horatio Alger Association](#) offers many different scholarship opportunities to high school juniors and seniors who demonstrate critical financial need and determination to overcome adversity.**

★ **[Studentscholarship.org](#) offers an array of scholarships for high school students!**

SOCIAL/EMOTIONAL WELLNESS SUPPORT RESOURCES

NARCAN!

- ★ Available for free at the Broomfield Library and Municipal Courts. More info [HERE!](#)

Incredible Support Programs through Medicine Horse.

There are many areas where horses can help, such as trauma, grief, recovery, depression, and anxiety for all genders and all ages. Working with horses in nature is a unique and effective therapy treatment, especially for those who need an alternative to traditional talk therapy.

- ★ Financial assistance [Click HERE!](#)

Mindful Connections Youth Program Virtual Circle

The program uses mindfulness to explore all forms of grief as it is experienced in the loss of a loved one, changes and conflict within the home, social and academic situations, and individual identity. This drop-in style group uses meditation, journaling, group sharing, and movement to invite the opportunity for profound inner reflection and exploration of self, and the creation of deep, meaningful connections with peers, all in a safe environment.

- ★ **WHEN:** 4th Wednesday of the Month | 5 PM MT
January 25, February 22, March 22, April 26, May 24
- ★ **WHERE:** Zoom Meeting ID 819 0697 9300

The Colorado Spirit Crisis Counseling Program (CCP)

Which is part of Mental Health Partners' outreach team, provides support and resources for individuals and families in Boulder and Broomfield Counties who have been impacted by the COVID-19 pandemic. Connecting community members to local resources, including:

- ★ Trauma Response
- ★ Mental Health
- ★ Healthcare
- ★ Housing
- ★ Addiction Recovery
- ★ Food Stamps

For more information [click here!](#)

IMatter Colorado

The I Matter program can connect you with a therapist for up to 6 free virtual counseling sessions (some in-person appointments available, too) that are completely confidential. Talking with someone can make you feel better. To start, click on “Youth” below to take a short survey. Be as honest as possible: your answers will help match you with the right therapist. For more information [click here!](#)

Antelope's Core Teen Group

This is a 9-week group for 12 teens, ages 11+. This group focuses on building deeper relationships with oneself and others through doing really cool interactive practices. This is a group for teens to build more skills relationally and personally, and to empower them to create more ease in their lives. For more information click here!

Support Group for Female Teen Survivors of Sexual Assault

(All teens with lived experience as a young woman are welcome)

- ★ **WHAT:** Group for learning, support, healing
- ★ **WHERE:** 2760 29th St., Suite 2C, Boulder How to join: Contact Peg at (720) 340-6261 or peg@pegshippert.com
- ★ **COST:** \$50/session (sliding scale available) We'll set the agenda together. Usually it covers: - Dealing w/school, family, friends - Finding help you can trust - Managing fear, powerlessness, anger - Coming to terms with blame from self and others. About the group: - Small group (4 to 6 participants) - Cozy, private setting in my therapy office in Boulder - Professional therapy dog attends sessions to help us laugh, connect, and relax

Out Youth

(*Out Boulder's* social and educational space for LGBTQ youth and their allies)

Do you want to connect with more queer people your age (14-18 yr old) and learn more about the LGBTQ community in a supportive and open environment? Join their LGBTQ High School Group to write, draw, paint, perform, socialize, and create poetry, zines, music, performances and more. No artistic skills or experience required. Every Wednesday 5-6:30 pm, Boulder Pride House 2132 14th St.

LGBTQ Youth of Color Group

This is a social group for Lesbian, Gay, Bisexual, Transgender & Queer Youth of Color to learn and enjoy acceptance and empowerment in a welcoming

environment. Ages 11-18 (youth under 13 need a signed guardian permission form). *Youth of color only.* This group meets weekly on Tuesdays 5-6:30 pm ,OBC Longmont office 630 Main st.

TRU Community Care to Support Teens Dealing with Grief

Scholarships are available. For more information, please call TRU Community Care Grief Services at 303.604.5330. Visit <https://www.trucare.org/our-services/grief-services/> For info on additional resources and groups.

Boulder Support Group Specialists

Interested in meeting with peers experiencing similar circumstances as you?! Boulder Support Group Specialists run groups for teens! The next group session will begin in January-- "*In Pieces to Peace: For Youth Experiencing Family Change*". The groups are topic specific and involve a combination of creative activities and discussion.

- ★ Groups meet on Mondays 7:00 - 8:30 pm. There is a cost. More info [HERE](#)
- ★ Future group offerings will include:
 - Relating and Re-Engaging (coming out of social isolation, especially after the pandemic)
 - You Can Cope: for Youth in Families Impacted by Addiction
 - Me, My Body, and I (positive body and self-image)

Yoga for Teens

Yoga for Teens class is designed to empower and inspire teens in a supportive and inclusive environment. Teens will learn to navigate the unique challenges they face, both on and off the mat, fostering a sense of self-awareness and confidence. Through breathwork and guided meditation, we'll practice tools for stress management and resilience. No prior yoga experience is necessary—just an open mind and a willingness to explore the incredible benefits of yoga tailored for the teen journey! This class is every Friday at 5 pm at Louisville Community Yoga. Drop in classes are \$15 and a 5-class pass is \$60! For more information and to book now [click here.](#)

Mind Body Voice Renée Crown Wellness Institute Research Study

This study is aimed at supporting students to develop positive body image and personal identity while promoting student agency and community. Interested participants would be randomly assigned to one of two groups. The first group will be part of an m.b.v. program led by CU undergraduates. The second group will be a comparison group that completes the same surveys as students in the

program. M.B.V delves into the pressures that girls and women face when it comes to appearance. The groups use discussion, reflection, and collaboration, to learn skills to support wellness and take community-based action. For more information [click here](#).

[Click Here for Summer Opportunities for New Vista Students!](#)