



HERE TO LEARN...

what you can do

Our current climate may be inducing a lot of emotional reaction from our community members right now, but we can find ways to ground ourselves in times of uncertainty. Self-regulate more often than normal, meaning you will check in on your emotions and feelings throughout the day. Embrace your encounters as an opportunity and continue reading for more actively engaged skills.

practice empathy

Listen first to understand. Practice actively listening during conversation versus just hearing. Before being heard yourself, practice inviting the other side to share first. Notice any changes from your regular response patterns.

be vulnerable

Vulnerability is a strength. It creates connection and trust. Encourage yourself to be kind to yourself in the learning process. Make mistakes while supporting new change. Make efforts to be open.

be curious

Always be eager to sharpen your toolset. Embrace opportunities to learn and engage in conversations that challenge you. Do not shy away from being uncomfortable, this is where we grow.

(For digital access just click the orange links below, if this newsletter is printed, use your smartphone camera and hover over each QR code for access.)

Not sure where to start?

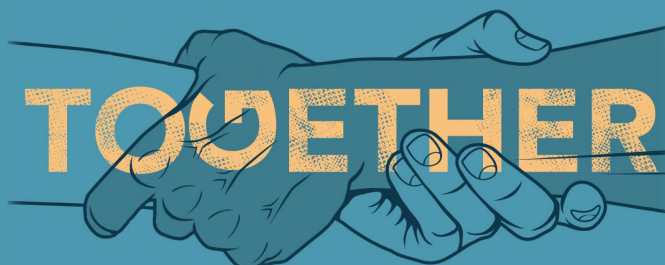
United States House of Representatives
An "uncomfortable conversation" in order to educate and inform

List of Links:

Race, racism and Mental Health resources

Free Online Courses :

Learn about race, inequality, and social justice



Centennial is an equal opportunity provider and employer



COMMUNITY NEWSLETTER

from Centennial Mental Health Center's Prevention Team

**IF YOU NEED ADDITIONAL SUPPORT AT THIS TIME,
REMEMBER THAT OUR TEAM IS HERE FOR YOU.**

**REACH OUT TO CENTENNIAL MENTAL HEALTH CENTER TO SPEAK TO
SOMEONE TODAY. USE OUR COMMUNITY SERVICE LINE**

Cheyenne County

Cheyenne Wells - 719.346.8183

Morgan County

Fort Morgan - 970.867.4924

Elbert County

Elizabeth - 303.646.4519

Phillips County

Holyoke - 970.854.2114

Kit Carson County

Burlington - 719.346.8183

Sedgwick County

Julesburg - 970.474.3769

Lincoln County

Limon - 719.775.2313

Washington County

Akron - 970.345.2254

Logan County

Sterling - 970.522.4392

Yuma County

Wray - 970.332.3133

Yuma - 970.848.5412

**YOU CAN ALSO FIND MORE RESOURCES AT
THE FOLLOWING LINK:**

<https://www.centennialmhc.org/covid-19-communications/>



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