



THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

WEEK OF THE YOUNG CHILD

This week (April 12th-16th) is the Week of the Young Child. We have some activities that can be done virtually or in the office and we'd love for you to participate in these activities!

Activities for Week of the Young Child

Specific instructions will be sent out each day this week from the Early Childhood Mental Health team.

Monday | Color a Picture

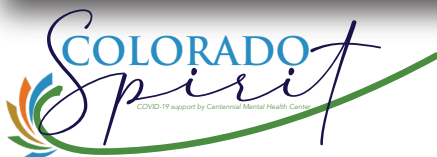
Tuesday | Scavenger Hunt

Wednesday | Practice Mindfulness

Thursday | Play "Would You Rather?"

Friday | Wear Blue Day

COLORADO SPIRIT BEGINS



Through the Colorado Spirit COVID-19 Support Program, we provide assistance to people struggling with mental and emotional challenges as a result of the crisis caused by the pandemic.

A few Centennial staff members are involved within the Colorado Spirit program and you will be seeing more details come in the coming weeks. In the meantime please like the "Colorado Spirit by Centennial Mental Health Center" Facebook page.

INTRO TO OUR EARLY CHILDHOOD TEAM

Erin Pounds | Ages 0-8

Covers the following counties: Morgan, Washington & Yuma

I love being a consultant because I get to connect with young children and their caregivers in different environments. I provide support around healthy relationships which lays the foundation for young children throughout their development. Getting to be a part of this process and watch children and families grow is so rewarding.



Amy Nation | Ages 0-5

Covers the following counties: Logan, Morgan

Seeing I have a small part in educating caregivers, families, and others that they need to have and build relationships with children. That even at the earliest time a child needs someone to connect with and will be there no matter what. Helping caregivers to understand that and support them in that building of the loving and caring relationships with children. Knowing that I can help give them with the tools, skills and support to do that is why I love and do my job.



Danielle Storevik | Ages 0-8

Covers the following counties: Cheyenne, Elbert, Kit Carson, Lincoln & Yuma

It has always been my passion working with children since as long as I can remember. In this role I'm able to fill in the gaps for teachers, parents and community members about social emotional development and how important it is for a child's long term overall health. I feel like with this early prevention and intervention model we are creating a ripple effect that will help so many young children reach their full potential.



Cheryl Bills | Ages 0-5

Covers the following counties: Logan, Phillips, Sedgwick

I love being a consultant to families because I believe the education and support I can give helps them to be more resilient for life's challenges.



TRAININGS COMING UP



STEWARDS OF CHILDREN®



What is *Stewards of Children*®?

Stewards of Children® is an evidence-informed, award-winning two-hour training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through interviews with child sexual abuse survivors, experts, and treatment providers, *Stewards of Children*® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities.

VIRTUAL TRAINING OPPORTUNITY

Friday, April 16th

1:30 to 4:00 p.m.

[CLICK HERE TO REGISTER](#)

Follow us on Facebook: [Stewards of Children – SE Colorado](#)

For more information: lthomas@prowerscounty.net or call: 719-688-0151

**ALL FAMILIES HAVE STRENGTHS.
HELP YOURS BECOME EVEN STRONGER!
FOR PARENTS AND YOUTH 10-14**

WRAY STRONG FAMILIES

ABOUT THE PROGRAM:

Your family will learn skills to manage emotions, set goals, avoid peer pressure, make better decisions & create better relationships.

Discover how to show love while setting limits, listen to your child & help family members show appreciation to each other.

Build stronger families in seven sessions!

JOIN US:

Join us starting
Sunday, April 18th

from 3:00 - 5:00 pm
at the WRAC in Wray

Contact:

Yuma County Extension
at 332-4151 or joy.akey@colostate.edu



COLORADO STATE UNIVERSITY
EXTENSION

**STRENGTHENING
Families PROGRAM**
FOR PARENTS AND YOUTH 10-14