



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

TAKE A MOMENT

As we are finishing up the school year we need to take a pause. We are reminded that we have been through so much this past year, but we still have a way to go. We are all trying to find our way back to what feels normal and yet trying not to look back. In this new brave world we live in, things and situations have changed quite a bit for most of us. Change is hard.

As early childhood professionals, parents and caregivers when kiddos are losing control we always tell them to take a breath, take a moment and calm down. We may not use the words, refocus or redirect their thoughts, but we help them find the clarity and the way back to deal with the present. So, why are we not doing that for ourselves? We all need that moment of refocus and finding our center. With all we have been through we are still trying to gain our footing. Children learn by example and they learn resilience through observation and support. We need to ensure that we are able to give to show by example that this is how we cope with difficult times.

Take a moment to find out how you are feeling; stressed, worried, relaxed or confused – maybe some days it can be all of them? Now find some relaxing technique for you to gain that clarity and to refocus. Have some water, go for a walk, deep breaths, pet an animal or journal. Sometimes it is as simple as talking to someone. You do not have to give in to the chaos of your day or situation. You have options and you have people who can and will help support you.

Take a moment to remember that May is mental health month. What better time to model the need for mental health support and care as to show a child that our mental health is as important as our physical health. We can take a small step in normalization of mental health support. Would it not be wonderful to help the next generation to see the value and importance of mental health and how keeping mental health checks ups just as important medical health?

Quote of the Week

"Life is not measured by the breaths you take, but by the moments that take your breath away."

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



LAUNCHING ZOOM SECURE TELEHEALTH SERVICES!

Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.



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Ages 0-5

Covers the following
counties:
Logan, Morgan

For additional support during
the COVID-19 Pandemic you
can call Centennial's

COMMUNITY SUPPORT LINE

You can do this by calling your
nearest Centennial office:

Akron - 970.345.2254

Burlington - 719.346.8183

Cheyenne Wells - 719.346.8183

Elizabeth - 303.646.4519

Fort Morgan - 970.867.4924

Holyoke - 970.854.2114

Julesburg - 970.474.3769

Limon - 719.775.2313

Sterling - 970.522.4392

Wray - 970.332.3133

Yuma - 970.848.5412

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Ages 0-8

Covers the following
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Morgan, Washington
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Ages 0-5

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Ages 0-8

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

Contact your local Centennial Mental Health Center for assistance with any Early Childhood need.

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