



CVA Families,

It has been a whirlwind Spring. I can't believe the end of the school year is here. As things at school draw to an end, I wanted to take the opportunity to thank you for allowing me to work with your kids. I love to watch them learn, mature and grow.

I realize that many of the issues I have been working on with your kids don't just disappear during the summer months. New concerns or life events are bound to occur. It is important to foster our kid's emotional and mental health, just as we do their physical health.

If you are employed, most Employee Assistance Plans (AEP) cover counseling for employee's dependents. Insurance plans do as well. As with any medical issue, it is important to first have your child checked out by their Pediatrician, many emotional and behavioral concerns have a biological root. Your Pediatrician can then assist you in referring your child to a counselor or therapist.

Death losses in a child's life are often traumatic and difficult. Local Hospices provide child/teen grief groups as well as individual and family counseling. I have included a short list of resources available in our community. Please note that I am not endorsing any of the resources listed and know that there are many excellent resources not listed.

- North Range Behavioral Health (303) 857-2723
- Mental Health Center of Boulder County, Inc. (303)447-1665
- HospiceCare of Boulder and Broomfield Counties (303) 449-7740
- S.E.S.S. Suicide Education and Support Services of Weld County (970) 506-2737

Have a safe and happy summer break, I will look forward to seeing you all in the fall,

Kelly Kurz, CVA School Counselor