Thank you to everyone who came out to support CP at our happy hour FUNdraiser last month. What a beautiful evening to catch up with old friends. Thank you, Paradox Beer Company for hosting us!

Smokin the Ute Pass Summit BBQ Contest & Fundraiser was a huge success! An extra shout out to The Peak Antler Company for choosing CP as one of the non-profit recipients to receive a donation from the proceed of sales.

Inside the Issue

GED GRADUATES
Celebrating CP’s 3rd graduate this year. Totaling 286 graduates to date.

FALL PROGRAMMING
Programs for Families of Every Shape and Size
www.cpteller.org/class-schedules

SELF CARE WHAT IS IT?
Raise awareness of suicide prevention during September, National Suicide Prevention Month

COLLABORATIONS
by Jodi Mijares, Executive Director

September brings a new school year for families and along with it, a new program year for CP. As we roll out this year’s calendar of classes and events, we are reminded that we could not do this important work in our community without the collaboration of our incredible partners.

CP is so proud to have been recognized nationally for its successful collaborations. You can check out the press release here: https://omni.org/nfsn-pressrelease.

We love seeing Teller County in the spotlight!
GREENHOUSE AND GARDEN TOUR

The 2021 Harvest Center and Master Gardener Greenhouse and Garden Tour was a great weekend. Thank you to everyone who stopped by CP’s Community Gardens located at Woodland Park Community Church. It was our pleasure to share with you what The Learning Center preschoolers learned about gardening during summer camp, the produce grown in the Food Bank garden beds and all the hard work our families have put into their adoptive garden beds this year.

Our challenge this year has been the ground squirrels. They are fat and happy; they've eaten everything but the weeds and potatoes.

CITY MARKET
COMMUNITY REWARDS

Link your City Market or King Soopers loyalty card to Community Partnership Family Resource Center. The more you shop and swipe your City Market/King Soopers shopper card, the more CP will earn money. Last quarter, shopping from 11 households helped donate $130 to CP.

SIGN UP TODAY:
www.citymarket.com/i/community/community-rewards

BRAIN REMODELING

The Power and Purpose of the Teenage Brain by Daniel J. Siegel, M.D

"Between the ages of 12 and 24, the brain changes in important, and oftentimes maddening, ways." Help your adolescent find their passion.

Take 5 minutes and watch Dan Siegel’s video "The Adolescent Brain" with your child. "If parents and teens can work together to form a deeper understanding of the brain science behind all the tumult, they will be able to turn conflict into connection and form a deeper understanding of one another."
https://youtu.be/0O1u5OEc5eY

"Siegel illuminates how brain development impacts teenagers' behavior and relationships. He explores exciting ways in which understanding how the teenage brain functions can help parents make what is in fact an incredibly positive period of growth, change, and experimentation in their children's lives less lonely and distressing on both sides of the generational divide."

SELF-CARE

Self-care. What is it really? People talk about self-care and its benefits all the time, and give examples like: exercise, balanced diet, lots of water, etc. But what does it really mean to have self-care? Ultimately, self-care is taking care of self; an extremely individual process with individual meanings unique to each of us. Many of us go through our day-to-day lives caring for others, but rarely do we take a minute to think of what it means to care for ourselves. Self-care can be as simple as sitting at a stop light and remembering to take 3 deep breaths. Self-care can be asking someone in your family to do a chore or task that you normally do. Self-care can be calling an old friend and talking on the phone or over facetime for more than 5 minutes.

What is self-care for you?

THINGS TO REMEMBER

You are important and you matter.
You are so loved.
Your mistakes don't define you.
It's okay to ask for help.
You are allowed to say no.
Your wants and needs are valid.
Productivity doesn't define your worth.
Your boundaries are important & worth respect.

Blessing Manifesting

We can all help prevent suicide. Every year, the Lifeline and other mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September, National Suicide Prevention Month.

#BeThe1To
Ask, Keep Them Safe, Be There, Help Them Connect, Follow-Up

National Crisis Hotline
800-273-TALK (8255)

Diversus local hotline
844-493-TALK (8255)
FOR THE GROWN UPS

PREPARING FOR THE INTERVIEW
Pikes Peak Workforce Center
Interviewing begins with research and practice. Learn how to prepare for an interview, as well as how to present yourself and your skills in the best way possible!

Virtual workshops to help you ace the interview.
Reserve your spot now! www.connectingcolorado.com
September 15; 10:00-11:30am
What to Do DURING Your Next Interview
September 29; 9:30-11:00am
Branding & Networking Your Way to Your Next Job
Interview Tips - https://ppwfc.org/interview-tips

ACTIVE PARENTING
Active Parenting Now
Six Monday sessions
September 27th-November 8th
5:00-7:30pm; Location TBD.
Bring back the JOY of parenting your 5-12 year old and leave a positive, lasting impact on their childhood years.
Meal and childcare provided.

Contact Michelle for more information: Michelle@cpteller.org or 719-686-0705.

FREE YOGA CLASSES
Yoga with Leah in Divide
Mondays ~ 10:00-11:00am
No class September 20
Pikes Peak Community Club and
Virtual via Zoom

Yoga with Teresa in Woodland Park
Tuesdays & Thursdays
4:00-5:00pm ~ Mountain View United Methodist Church

Limited class size – first come first served ~ All levels welcome

Adult Exercise Class Schedule: www.cpteller.org/class-schedules

GED GRADUATES
Isaiah began the GED program in January 2021. He consistently attended class, began testing in February, and completed his GED in July 2021. Isaiah spends much of his time gaming and is interested in becoming an influencer. We are very proud of him!

Curtis began the GED program in May and graduated only three months later! He did great attending class weekly, quickly tested, and one week later moved across the country with his family.

FOR THE KIDS

BRAIN BUILDING MOMENTS
Suggested Age 12 months - 2 years

Laundry Ins and Outs
Invite your child to help you gather dirty clothes. Put them IN the laundry basket, pull them OUT. Then put them IN the machine, and pull them OUT. Use the words IN and OUT to describe your actions and see how they learn these ideas!

See What Your Child is Learning
Brainy Background
Children this age like putting things in and out of stuff. Use this interest to help you get a chore done! It also helps them learn the concepts of IN and OUT and organize their world.

www.vroom.org

TOUCH-A-TRUCK
Thank you, TRE - The Resource Exchange for inviting Community Partnership to be a part of this year’s Touch A Truck event. We had a great time seeing so many familiar faces and meeting new friends. The kids had fun participating in the Parents as Teachers sensory box activity. The younger kids were practicing filling, sharing, pouring, and exploring while the older preschoolers were searching and identifying buried letters.
### PLAYGROUP CALENDAR

*September in-person playgroup activities focus on Social Emotional Development.*

Social Emotional development refers to a child’s ability to understand the feelings of others, control their own feelings and behaviors, get along with peers, and understand who they are.

#### MONDAYS VIRTUAL

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>September 6</td>
<td>Labor Day No Playgroup</td>
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<tr>
<td>September 13</td>
<td>Community Partnership in Divide Nail Salon</td>
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<tr>
<td>September 20</td>
<td>Bubble Art</td>
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<tr>
<td>September 27</td>
<td>Blowing Bubbles and Coloring, making unique art</td>
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**Join Zoom Playgroups**

*Click the link or scan QR code*

[https://us02web.zoom.us/j/84857302372?pwd=eWxOQXYydUIJUNTN0WkhtMEIoK0hpQT09](https://us02web.zoom.us/j/84857302372?pwd=eWxOQXYydUIJUNTN0WkhtMEIoK0hpQT09)

#### WEDNESDAYS IN-PERSON

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<tr>
<td>September 1</td>
<td>Feeling Action Dice</td>
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<tr>
<td>September 8</td>
<td>Community Partnership in Divide Blow Painting</td>
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<tr>
<td>September 15</td>
<td>Community Partnership in Divide Blow Painting</td>
</tr>
<tr>
<td>September 22</td>
<td>Community Partnership in Divide Bowling</td>
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Teller County Playgroup is FREE to any Parent or Caregiver with children ages 5 & under.

Contact Cory for more information: Cory@cpteller.org or 719-686-0705.

www.facebook.com/playgroupndivide