

SCHOOL COUNSELOR NEWSLETTER - DECEMBER 2018

Allysone Moore - Chipeta Elementary

Hello Chipeta Families!

Can you believe it's already December?! I love making warm apple cider, baking, and playing card games with my kids during the winter months. What do you enjoy doing when it's cold outside?!

- **Did You Know?!**
There are SO many fun things to do together when it's cold outside! Here are just a few...
 - Curl up on the couch and watch a movie.
 - Read a book.
 - Have a cooking or baking challenge.
 - Color a picture.
 - Call a friend or family member.
 - Clean a closet or room.
 - Play games.
 - Take a trip down memory lane.
 - Dance and/or sing.
 - Go outside!
Build a snowman, have a snowball fight, go sledding!

Make some memories together this winter!

- **Grief Group**

We'll have a new Grief Group starting up in January or February, so it's not too late to participate. If you're interested in learning more about Grief Group or other services and programs through Hope West, please let me know.

- **Resources**

Need some help and don't know where to start? On the right are some resources that you may find helpful.



General Community Resources:

<https://humanservices.mesacounty.us/>

Mesa County Department of Human Services
Community Resources

<http://gjchamber.org/area-info/community-resources>

Grand Junction Area Chamber of Commerce
Community Resources

<http://wc-cf.org/community/community-resources/>

Western Colorado Community Foundation
Community Resources (Mesa County)

Please feel free to contact me if you have any questions or if you have concerns about your child. You may call me at (970) 254-6825 Ext. 45108 or email me at:

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