



SCHOOL INFORMATION

Community Montessori Office	720-561-3700
805 Gillaspie Dr	
Boulder, 80305	
FAX	720-561-3701
Attendance Line	720-561-5408
SAC	720-561-3777
Transportation	720-561-5125 (Boulder)
.....	720-561-5126 (Lafayette)
Web Site:	http://schools.bvsd.org/communitymontessori/
E-mail addresses:	shannon.minch@bvsd.org , Principal
	rosa.invernizze@bvsd.org , Bilingual Liaison
	kathy.kinney@bvsd.org , Principal's Assistant



MARK YOUR CALENDAR

November 16,30	-----	Nurtured Heart Classes – 6:00 – 7:30 PM
November 10	-----	Report Cards Home
November 10	-----	SAC/PTA Meeting – 5:30 – 7:30 PM – Room 114
November 11	-----	No School – Veteran’s Day
November 14	-----	Vision/Hearing Screening
November 15	-----	Garden to Table Mtg – 2:30 PM – Room 111
November 15	-----	Principal/Parent Coffee – 6:00 PM – Room 114
November 21 – 25	-----	No School - Holiday
November 28	-----	Open Enrollment Begins (through 1/13/12)
November 29	-----	Public Tour – 9:00 AM
December 6	-----	Public Tour – 9:00 AM
December 8	-----	SAC/PTA Meeting – 5:30 – 7:30 PM – Room 114
December 10	-----	Barnes & Noble Book Fair – 11:00 AM – 5:00 PM
December 19 – Jan 3	-----	No School – Holiday/Teacher Workday
January 5	-----	Open House – 5:00 – 6:00 PM
January 12	-----	Public Tour – 9:00 AM
January 12	-----	SAC/PTA Meeting – 5:30 – 7:30 PM – Room 114
January 13	-----	Open Enrollment Closes – 4:00 PM
January 16	-----	No School – Martin Luther King Day

FROM THE PRINCIPAL...

Dear Community Montessori Parents/Guardians,

This year is quite a transition year, with a new principal and construction. I am learning new things everyday. The biggest issue that needs to be addressed is our arrival and dismissal procedures. I have met with the Design Advisory Team (DAT) to get some history that has led us to where we are now.

The DAT, which has been a consistent team of CM staff, parents, neighbors, architect and BVSD project manager, and the prior Bond Reassessment Team, which also was a consistent team of staff, architect, and BVSD project manager have worked since September 2009 to analyze, plan, and implement the allocation of bond money. They also teamed with the

City of Boulder, independent traffic engineers, and the BVSD transportation department in making traffic and parking decisions. The current plan is a product of these years of planning and tweaking within limitations of DAT guidelines, budget, space, rules, regulations, and neighborhood concerns.

At this most recent meeting, it was decided that this would be a pilot/transition year due to the construction that is not complete. We are going to observe, listen, and learn and tweak the plan as necessary. Our current phase of construction is winding down and the next phase will begin in January with an anticipated completion in April 2012. We will then have more parking options, which will free up some spaces in the south parking lot.

Some improvements that have been observed due to the new procedure are:

- There is no longer a line of traffic out to Table Mesa.
- Our students who ride the bus are much safer now that they do not have to cross the parking lot traffic.
- Teachers are now using their contracted hours for planning and instruction rather than 30 minutes of arrival and dismissal supervision (ie “the window”)
- The cars parked after school is a safer scenario than cars moving in a line through the parking lot while children are coming and going
- Biker visibility and safety has improved due to getting the buses off the street. (There was a bike – car accident last year.)

Some concerns are:

- People parking in the first few spots near the school that is specified for primary parents.
- Kids running through the parking lot in the morning.
- Having to park far away and walk through the car traffic in the parking lot.
- The flow of traffic. Not only CM traffic but Southern Hills and Fairview mixed in with our traffic.
- Biker safety (people not looking or stopping for bikers.)
- The window of time (due to change of start time.)

Some suggestions from parents are:

- A carpooling/biking/walking service that will be coming to you soon.
- Leave the house earlier.
- RTD
- Bike to School
- Have a team of parents who rotate supervision on the playground before and after school.
- To put a flashing school zone sign on Yale.
- Right Turn sign leaving south parking lot (There is a concern about us having too many signs.)
- Slow down in the parking lot

This will be a year of wonderful improvements along with growing pains. Our main concern is always the education and well-being of your children. As the year progresses, we welcome your ideas and suggestions for improvement. As a caring community, I know we will work through this time and create a safe learning environment for your children.

Respectfully,

Shannon Minch

Principal Coffees: Our first principal coffee for all parents/guardians was Wednesday October 19th at 8am. We had a good turn out. The coffee and goodies were from Vic’s Coffee (thanks Rob and Johanna!) The purpose of these meetings is to share information, but more importantly to build community. The following topics were discussed:

- Garden to Table- We discussed how wonderful this program is and opportunities for parents to support its success.
- We talked about the arrival and dismissal procedures. One item I was going to follow up on was using the church parking lot for drop-off and pick-up. The church is more than happy to support us in the area. They also want the traffic flow to be safe.

- Our fundraiser (Read and write-a-thon) was a topic of discussion.
- The possibility of having a parent book club for Nurtured Heart.
- I have contacted the city about putting a flashing school zone light on Yale.
- I was asked about my general philosophy on:
 - Prek-5 learning
 - My philosophy is that the sooner the students begin a formal education the better. My philosophy is morphing as I learn more about Montessori. Since the meeting I went to a conference and my eyes are open even more to the science behind the Montessori Method. I think it is important to start and continue with Montessori and to follow the child. I love that time is a variable in Montessori. So often in traditional schooling, the speed of what is being taught does not align with the child's readiness to learn. As I learn and observe here at CM, I am more impressed everyday at the opportunities for the children.
 - Classroom management and discipline
 - I believe that our Nurtured Heart approach aligns beautifully with the Montessori Method and the mission of our school. I believe it is important to foster the strengths of all children. I see classroom management as a group effort. The children need to have ownership of the success of the classroom environment. They have to be taught self-control and respect of others. Discipline for me is always a learning experience as opposed to punishment. We all make mistakes and need to learn from them. I believe very much in Restorative Justice and healing the wrong that has happened.
 - Teacher leadership and professional development
 - I want the teachers to have a voice and ownership of what happens at their school. The beauty of CM, is that was part of the school culture when I became principal. As for professional development, I believe it has to be meaningful to the teachers and align with school improvement goals.
 - Role of the parents
 - We have a strong culture of volunteerism in this school community. It looks different for all parents. Some parents can be here daily and others can send food for people/animals, work on projects at home, write grants and the list goes on and on. I think it is very important to have a positive partnership with families to support our children.
 - Kids success in middle school
 - I gave antidotal stories about students I know from Boulder High School that went to CM. Each student is in a leadership role in some capacity and strong students academically. I was asked to see if I could get data about middle schools according to their feeder elementary school. I was told that the data used to be produced but the analysis was misleading. I will still look into our student's success rate after leaving CM.

Our next Principal Coffee is Tuesday, November 15th at 6pm. Please come!

A Big Thank You! I want to thank everyone who participated in the Read and Write-a-Thon. It is a wonderful fundraiser for our school, but more importantly, the buzz around reading and writing was palpable. It was definitely a community effort! I am truly grateful for the energy surrounding this event!

Community Montessori 2011–2012 Unified Improvement Plan (UIP) and Major Improvement Strategies:

Every year we develop a school improvement plan called the Unified Improvement Plan or UIP. As a school, we look at our CSAP data, DRA, School Climate Survey and the last school year's goals. We then determine what our best course of action for improvement is. The following are our Major Improvement Strategies:

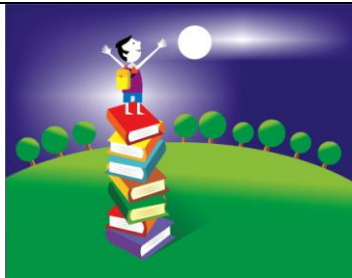
- We will use common formative and summative assessments to drive instruction.

- We will use best common practices that enable students to thrive and reach personal excellence with a re-focus on the Montessori Approach.
- As a community-wide effort, we will review and strengthen our Nurtured Heart approach to improve our climate at Community Montessori with children, teachers and parents.

Our collaboration time with which we use the Professional Learning Communities (PLC) model has been a great avenue to work on our Major Improvement Strategies. Each PLC (primary, lower el and upper el) has developed action steps to achieve our Major Improvement Strategies. The work we are most excited about is the refocus on Montessori. We know and believe that the Montessori Method works with children. As a public Montessori school, we are often pulled in many directions with district and state expectations. We work hard to be adaptable but we know where heart and passion lies and that is with Montessori. We also know that is why parents have chosen this school.

The complete UIP is available in hard copy in the office or on the website.

SAVE THE DATE! COMMUNITY MONTESSORI BOOK FAIR!!!



WHERE: Boulder's BARNES & NOBLE
WHEN: Saturday, Dec. 10 – 11:00 AM – 5:00 PM
WHY: Music, Artwork, Activities, and best of all.....**BOOKS**

**Come join us for a fun time and shopping
to benefit Community Montessori's Library Media Center
SEE YOU THERE!**

*(Mention Community Montessori **any time** during the day when you make a purchase to have a percentage of the sale donated to our library Barnes & Noble hours are from 10:00 AM – 10:00 PM.)*

GARDEN TO TABLE



Please join us on **Tuesday, Nov. 15th at 2:40pm in Room 111** for a Garden to Table volunteer meeting. Contact Jess Hernandez jess@jph.net if you have any questions or can't make it, but want to be included in upcoming G2T events.

Thanks to the hard work of many parents and their kids, the garden has been put to sleep for the winter. We had a very successful Worker Bee Wednesday Oct. 19th, removing all the vegetables, breaking up the soil and adding layers of leaves and compost. It was a LOT of work -- thank you again to all the families that helped. We couldn't have done it without you.

Classes have continued to do interesting lessons out in the garden including seed saving, soil investigation and discovering about the nutrients and history of the vegetables growing in their garden. Thanks again to all the parents who volunteered at these lessons.

And finally, some 3rd and 4th graders teamed up to cook the school pumpkin soup last week with Tesfaye's dad Eric Johnson (Via Toscana's Executive Chef) and Lola's mom Marie Nicoletti (The Language of Food). It was a great success! You can find Eric's recipe in the Buzz. Your child may have been one of the many who requested the recipe to cook it with their parents. FYI -- dairy, soy, gluten, nuts and meat are never in the food we cook and serve at school



In Celebration of Service

Walk down the hallways of Community Montessori on any given day and it is obvious that the school and students are thriving. There is evidence everywhere of student enthusiasm, learning and participation. Looking closer, there is also evidence of hours of service: time and energy, resources and shared skills of adults, both staff and parents. Community Montessori wouldn't be the school that it is today without many, many people going above and beyond what is normally expected of them. Winston Churchill wrote, "You make a living by what you get, but you make a life by what you give."

PTA President, Ruth Anderson, would like to celebrate just a few of the displays of volunteerism and service that she has witnessed at school the past few weeks:

- Shannon Minch shoveling snow in front of the school to assist Chad, the Head Custodian, and clear the way for parents and students.
- Students from Heather, Sarah O., Becky, Patti and Jeannie's classes making sandwiches and appetizers for the Book Bingo dinner under the watchful eye of parent volunteers. Special thanks to Leslie Rudawsky, Julia Brodsky, Yu Yang, Zoe Dunn, Terri Walters, Mary Wickramasekera, Jane Breetzke, Deborah Roby, Terri Vernon, Jose Del Rio and Emily Tessar.
- Mia and Lainey Anderson working on flyers, shopping for food for Book Bingo, lugging and sorting books, and helping students in Heather's class prepare food.
- Busy parents making banners at home to help advertize the Read and Write-a-thon and Book Bingo.
- Chad Hartkopf cheerfully lugging boxes and boxes of books and setting up Book Bingo.
- Jane Breetzke and many volunteers skillfully orchestrating the Read and Write-a-Thon and Book Bingo. Thanks especially to Sonya Guram and the Book Bingo set-up and clean-up crews!
- Teachers Elizabeth, Patti and Stephanie helping out at Book Bingo.
- Jess Hernandez and her Garden To Table volunteers assisting students to harvest the gardens, cook and prepare the gardens for the winter.
- Emily Tessar working with the Room Team parents and volunteers to prepare for upcoming events.
- Celine Alper working diligently to see that Community Montessori t-shirts will be available for purchase.
- Colleen Jiron arranging for a guest author, Kerry MacLean, to work with the students.
- Elizabeth Ross facilitating weekend work crews to beautify the school grounds and she and Karsten Roell shaking snow off the trees in the courtyard to lessen breakage.
- Girl Scout Troop #3605 sorting the Lost and Found items every other week.
- Volunteers working with students in the classrooms and assisting in the cafeteria and on the playground.
- Sarah C's class tallying the number of minutes that students school wide read and wrote daily for the Read and Write-a-Thon.
- Denice Choka, Carol Springer, Roseanne Mulligan, Victoria Boydston, Helen Anderson-Caraballo, Terri Walters and Noel Yegian assisting in conversations about big picture fundraising and budgets.
- Lisa Medler presenting CSAP data to parents at the SAC-PTA meeting and Rosa Invernizzi providing babysitting so parents could attend.
- Sarah O and Heather teaching the evening Nurtured Heart classes.
- All of the students who read and wrote to support the Read and Write-a-thon.
- All of the parents, friends and family members who pledged money to the school in honor of their students.

How can you get more involved?

There are many ways that parents (even working parents) can be involved. Parent gifts in the form of sharing skills, time, energy and resources are always welcome. Our remaining fundraisers, the March garage sale and the Personal Giving Campaign (PGC) are perfect opportunities for parent volunteerism and service. If you are wondering how you can get more involved in our school, please email me at re-anderson@hotmail.com.



Personal Giving Campaign– donate by Dec 10th for 2011 Tax Deductions

A BIG THANK YOU TO ALL WHO HAVE DONATED- WE APPRECIATE YOUR QUICK RESPONSE!!!

Some wonder “Where does the money go?”

Well the answer is complex. We have lots of expenses and money flows into different accounts from different sources to keep our school funded adequately. Community Montessori was fortunate to receive a \$21,000 grant from the Temple Buell Foundation that was used to pay for a portion of pre-school scholarships. Thanks to our grant writing parents for making this happen! We were also allocated \$40,000 from the school district which was used to provide paraeducators in the classrooms. Had the \$21,000 grant and the allocation not come forward, the PTA would have been asked to supply the funds. As you know, in this unstable economy, grants may not be renewed and there is always the threat of budget cuts. The PTA must be prudent in our planning to assure available funding for paras in our classrooms and continued diversity at CM. It is imperative to the future of our school to keep funds in reserve in case either one of these funds are unavailable to us.

This school year, we are hoping to raise \$36,000 which will cover our current operating expenses and will provide us a small surplus to help with building maintenance and replacing necessary items. Your continued support of the Personal Giving Campaign (PGC) and our school fundraisers are essential to the sustainability of our school. If you are interested in learning more about the PTA budget, please contact Victoria Boydston at vboydston@yahoo.com for information.

Our core fundraisers this year are the Read and Write-A-Thon, a Spring Garage Sale and the PGC. We will not have the Silent Auction this year.

The proceeds of the Read and Write-A-Thon have been earmarked for a onetime expense of portable classroom air conditioners and shade for the playground. To ensure we can meet our financial needs forecasted and unforeseen, we call for \$25,000 from your support through the PGC. Please do let us know if you have any questions about this.

There is only a month left in calendar year to give for 2011 tax purposes. We have collected \$4940 as of our October count from 17 families; that’s 9% of our 200 families. Our goal is 100% family participation. We would like to be at \$20,000 by the end of 2011, so we have a ways to go. If you have not donated yet, please do so now to take advantage of your 2011 tax deduction, and help us hit our goal! We do need your donations by December 10th to ensure they are included in our final 2011 count mid-December. You will receive a thank you note which doubles as your tax receipt.

To donate, please drop off or send your check to the office: Community Montessori, Attn: PGC, 805 Gillaspie, Boulder CO 80305. For updates and downloadable brochures, please visit the web:

<http://www.bvsd.org/schools/communitymontessori/parent/Pages/PersonalGivingCampaign.aspx>. If you have any questions about the PGC or how to donate, please contact Denice Choka at denice.choka@leanintree.com or Rosa Invernizzi 720 561-3721 (Bi-lingual liaison). Thank you for your support.



FOOD SERVICES

- ✓ Breakfast is available at most schools 15 minutes before the morning bell rings. Breakfast is FREE for all students with Free OR Reduced meal status. Breakfast costs \$1.50 for elementary students and \$1.75 for secondary students with a Full Pay meal status.
- ✓ 2011-12 Lunch Prices: Elementary Lunch \$2.95. Middle School Lunch \$3.00. High School Lunch \$3.25. Reduced Meal Price \$0.40. Adult Lunch \$3.95. All lunches include an entrée plus unlimited salad bar and 1% organic milk!
- ✓ Have you tried the new Chicken Chilaquiles? It’s a traditional Mexican casserole dish made with sautéed onion, garlic, green chiles, chicken, a little gravy, diced tomatoes, corn, and crispy corn tortillas, topped with cheddar cheese. Find more descriptions of new menu items on our website at: <http://www.bvsd.org/FOOD/Pages/LunchMenu.aspx>
- ✓ 11/16 New Menu Item Spotlight: Our new Chicken Fajitas are made with fresh sautéed red and green bell peppers and onions, tossed with yummy strips of tender chicken and seasonings. Served with fresh whole grain flour tortillas and cheddar cheese. Try it Wednesday November 16th! Find more descriptions of new menu items on our website at: <http://www.bvsd.org/FOOD/Pages/LunchMenu.aspx>

- ✓ 11/30 New Menu Item Spotlight: What kid doesn't love pasta? Cheesy Baked Pasta Marinara blends real ricotta, parmesan, and mozzarella cheeses with scratch-made Italian red tomato sauce and penne marinara, then baked fresh to a yummy, cheesy deliciousness. Try it Wednesday November 30th! Find more descriptions of new menu items on our website at: <http://www.bvsd.org/FOOD/Pages/LunchMenu.aspx>

OPEN ENROLLMENT INFORMATION

Boulder Valley School District Open Enrollment application period runs from November 28, 2011 through January 13, 2012. If you would like your child to attend a school other than the one he or she is currently enrolled in, you must submit an application online at <http://bvsd.org/openenrollment> or visit the Open Enrollment office no later than **4:00 p.m., January 13, 2012**. Applications received after that date means your student will be added to the bottom of any existing waitlist for that school and grade.

Please note that there are important changes in the Open Enrollment process starting this application period including:

- New notification of acceptance
- Earlier notification of waitlist positions

For more information regarding these, and other important changes, please view "Open Enrollment in BVSD: What's New This Year?" at: <http://www.bvsd.org/Documents/OEbrochure.pdf>.

Thank you,
Bruce K. Messinger, Ph.D.
Superintendent

Students who are open enrolled to their current elementary or middle school, and are completing the last grade at that school, will be enrolled in their district designated neighborhood school for the next grade level unless they are accepted through Open Enrollment to another middle or high school.

UPDATES



- 👉 **Parents, if you are playing on the playground after school**, please remember that you are responsible to supervise your children and the safety rules apply during and after school. Students have asked that we address this issue. Thank you for your help with this matter.
- 👉 **Change to the Calendar- Parent Teacher Conference dates and times are being changed for the spring.** The time will be 2:40-6:40pm and the dates are as follows:
 - Tuesday, March 13, 2012
 - Thursday, March 15, 2012
 - Wednesday, March 21, 2012
 - Thursday, March 22, 2012
- 👉 **Nurtured Heart:** We are working on the following words in our school: **considerate, self-control, generous and patient**. Please ask your children what they know about these words to reinforce at home.
- 👉 **Please do not drop your children off in front of the school during arrival time.** The front area is for buses only. Thank you for your attention to this important safety detail.
- 👉 **Parents of 5th graders** – please check the Parent Information Center for ski pass opportunities.
- 👉 **FYI** - The sign-on for kids to access **World Book Encyclopedia online** from home is:
 - Username: bvsd1
 - Password: homeCheck it out - it is VERY cool!
- 👉 **Thank you** to **Laura Guedelhoefer & Holly Hughes** for helping several of our families set-up their computers purchased from the BVSD IT Department!

👉 **Reminder** – Please be sure to have any items sent home in Friday Folders approved by Shannon before distribution. Items sent through Friday folders must be school related. Also, please make sure the office has a copy, as most questions are directed there. Thank you!

👉 The **Community Montessori garage sale** will be held in March, 2012. The garage sale is a perfect way to clean out your closets and have members in the community donate money to our school! Please collect and hold on to your gently used items in anticipation of our sale. For specific questions about donating items, please email Roseanne Mulligan at grovetasylum@msn.com. Here is a general list for your consideration.

Please make sure all donated items are clean and unbroken. We will be able to accept:

clothing, shoes, coats, and accessories

home decor, sheets, towels, blankets

kitchen supplies

sports equipment

furniture (with exceptions)

jewelry

toys

Books

Movies

computer games

We are not able to use the following items:

mattresses and bed pillows

computers, printers, copiers, fax machines and monitors Televisions more than 3 years old (check date on back) large couches (unless in near-perfect condition) any furniture highly damaged or dirty Drop-side cribs Car seats more than 3 years old (check date on back)

👉 **Share-a-Coat** – A Boulder Valley Rotary Club member will be stopping by our school later this week to pick-up coats and books for the first time. Hopefully our boxes are overflowing by now and we will be able to make room for more coats to be donated. Please remember that in addition to coats we are collecting other winter garments such as hats, gloves, mittens, scarves, boots, sweaters and sweatshirts.

👉 Please find the **November/December issue of Thrive Update** at <http://www.bvsd.org/parents/Pages/ThriveNewsletter.aspx>. It contains articles about family time, homework success, and substance abuse. It also offers a rich calendar of events taking place these next couple of months ranging from parenting talks to an ocean symposium. We hope you find this information useful.

Also, please consider this invitation from BVSD's District Parent Council: The next meeting is November 16 at 6:30 p.m. in the Aspen Room of the Education Center at 6500 East Arapahoe Road. The topic of this meeting will be assessment. All parents are welcome to attend.

Assessment is always a concern among parents and students. Come learn more about the State of Colorado Assessment Revision plan and how BVSD is adapting to the new standards. What is the future of CSAP and other assessments? Come join the District Parent Council as we discuss assessment issues with Dr. Samantha Messier, Director of Science at BVSD.

👉 Our school will be participating in **Share-a-Gift** again this year. **Share-a-Gift** is an annual, all-volunteer toy collection and distribution holiday project encompassing the Boulder Valley Schools area. Last year over 700 households (1700 boys and girls, ages birth to 14) received these community donations. To be successful, **Share-a-Gift** needs thousands of high quality, new and used toys, games, books, and puzzles. School collections are the biggest source of toys for **Share-a-Gift**. This collection allows children to meaningfully participate in gift giving by sharing their own gently used or new toys with less fortunate children in Boulder County. Toys may be dropped off in the **Share-a-Gift** box in our school beginning the Monday after Thanksgiving, November 28th, through Wednesday, December 14th. Thanks for sharing with your community. If you would like to volunteer to help with this worthwhile project, please go to volunteers@shareagift.org

👉 Please click on the following link to view an article regarding an author visit to our school!<http://www.bvsd.org/news/Pages/PigsOverBoulder2.aspx>

Parent Engagement Network presents:
Thriving During the Elementary Years
Early Identification of Depression
By Dr. Jan Hittelman

It is not well known, but one of the fastest growing age groups for suicide are children 10-14 years of age. Given that Colorado ranks first among all states for teen depression, it is important for parents of elementary-age youth to be more aware of the warning signs in order to identify these concerns as early as possible.

Nationally suicide is the third leading cause of death among youth ages 15-24, while in Colorado it is the second leading cause of death. As disturbing as these statistics are, it is widely believed that they are underestimated since many suicides and attempts go unreported. Fortunately for most, depression is a very treatable disorder. Depending on the particular individual, talk therapy, medication, or a combination of the two, has been shown to be highly effective in treating depression. Unfortunately, it is estimated nationally that only 30% of adolescents with depression receive treatment. Surprisingly, research shows that many of these youth are from families with good communication. The challenge is that, in addition to the general signs of depression in adults (i.e. feelings of sadness, changes in eating and sleeping patterns, loss of interest in once enjoyed activities, loss of energy, feelings of worthlessness or guilt, difficulty concentrating), the more subtle warning signs unique to children and adolescents are often missed. These include:

- Irritability, anger, hostility
- Frequent absences from school or poor school performance
- Lack of interest in spending time with friends or family
- Talk of or efforts to run away from home
- Social isolation, poor communication
- Extreme sensitivity to rejection or failure
- Reckless behavior
- Neglect of clothes and appearance

The good news is depression can be identified and treated, if the right resources and information are in place. Learn more by participating in the following FREE community events:

TV Presentation: Teen Depression: The Good News

When: Monday, January 9, 7:00-8:30pm

Where: Boulder Valley School District Board Room (6500 Arapahoe, Boulder) or watch live on Channel 22

Submit questions: www.BoulderPsychologicalServices.com/channel-22

More info: www.BPSBoulder.com

Workshop: Understanding Self-Harm in Teens

When: Monday, January 30th, 6:30-8:00pm

Where: Meadows Branch Library (4800 Baseline Road, Boulder)

Facilitators: Susan Denison & Jeffrey Kuhn, LCSW, LPC

More info: www.BPSBoulder.com

UPCOMING PEN EVENT:

HOPE

Providing hope & inspiration in the area of suicide prevention and depression

Presenters: HOPE Coalition & Colie's Closet

Thursday, January 26, 6:30-8:30pm

First Presbyterian Church (1820 15th Street, Boulder)

Learn more about PEN by visiting their website: www.parentengagementnetwork.org or by contacting Paula Nelson, PEN chair (pjn6225@yahoo.com, 303-880-6030) or Betsy Fox, PEN Lead Coach, (foxbetsy123@msn.com, 720-563-7007).

Dr. Jan Hittelman, a licensed psychologist, is Director of Boulder Psychological Services and the Founder of the Boulder Counseling Cooperative. Questions or comments for this monthly column can be sent via email to: jan.hittelman@gmail.com, or by phone: 720-217-3270