◊ Guest Speakers: Maureen Costello and Rachel Wagster from CU Denver’s Counseling Center.

◊ Upcoming Dates

- October 1st: Fall Fundraiser Begins, packet sent home. The fundraiser will end on October 12th.

- October 3rd, 10th, 17th, and 24th: Love and Logic from 3:45-5:45 in the Big Room. Stop by the front desk to sign up.

- October 18th and 25th: Sexual Abuse Prevention 4-6 pm in the Big Room. Stop by the front desk to sign up.

- October 31st: Halloween Parade—please watch for more information from your classroom teacher.

◊ We are also excited to announce we have hired a new Operations Coordinator: Danielle Cason. She will be joining us on October 15th.

◊ We are still in the process of hiring for Toddler Supervising Teachers for both 100 and 104.

◊ If you have any questions or concerns please see Rachel Ruiz

Rachel.ruiz@ahec.edu
Maureen Costello, Rachel Wagster, and Montana Fels graduate students studying school counselor education from CU Denver’s Student and Community Counseling Center talked about the services they offer to both CU Denver Students as well as Community members. CU Students receive free sessions, DPS students can attend for $5 per session, and community rates are based on a sliding scale. The services offered include individual counseling, family counseling, groups, life skills workshops, testing for learning disabilities, mental health screenings, online resources, and consultation and prevention services. This program is a training site for counseling graduate students in CU Denver’s School of Education and Human Development. These students are overseen by counseling faculty members and professional staff. Please see attached fliers for additional information.

We talked about upcoming dates and the launch of our Fall Fundraiser on Monday. Please watch for packets to be distributed. If you have any questions please see your classroom teacher or Rachel Ruiz.

If you are interested in attending our parent trainings in October please stop by the front desk to sign up!
WORKSHOPS

**Stress Less**
1st Wednesday of the month
Stress Less teaches you how to increase your effectiveness under pressure. You will learn how to tolerate frustration, calm yourself down when you are feeling overwhelmed, develop a crisis survival network, create your own stress-busting tool kit and keep stress in perspective. You will have the opportunity to engage in some fun activities and talk with others about ways to handle frustration and stress.

**Getting What You Want in Relationships**
2nd Wednesday of the month
Do you have difficulty asking for what you need, saying “NO” or coping with conflict? This workshop teaches you how to have functional, satisfying relationships. You will learn to understand your priorities and how to best meet them. You will learn skills to build healthy, satisfying relationships and interpersonal boundaries.

**Peace of Mind**
3rd Wednesday of the month
Do you find yourself dwelling on the past or the future and unable to be in the present? Would you like to worry less, stop beating yourself up and fully engage in life? Mindfulness is the skill of staying in the here and now. It’s the ability to be aware of balance and positively respond to both your internal experiences (sensations, energy levels, thoughts, emotions, impulses) as well as to what is happening around you.

**Managing Your Mood**
4th Wednesday of the month
Are you having trouble managing feelings of frustration, anger, sadness, impulsiveness or anxiety? This workshop teaches you how to understand your emotions and to develop more resiliency. In addition you will learn to take charge of your emotions and improve your interactions with others. You will gain tools to openly identify and discuss troublesome feelings. You will build awareness and acceptance of areas of yourself you may currently dislike.

Call the front desk at 303-315-4975 to reserve your spot. You can also drop in, but space is not guaranteed.

WHERE ARE WE?

The center is located in downtown Denver in the Tivoli Student Union on the Auraria Campus. Parking is available just south of Auraria Parkway in the Tivoli Parking Garage at 9th Street and Auraria Parkway and in the Spruce parking lot on the west side of the Tivoli on Walnut Street.

Please refer to the map above. All campus parking lots charge hourly/daily fees.

**Directions to Auraria Campus:**
From the north:
Take I-25 south to Speer Boulevard (exit 212B), turn left onto Speer Blvd, turn right (west) on Auraria Parkway to access parking.

From the south:
Take I-25 north, exit Auraria Parkway to access parking lots located south of the parkway.

A strength based, holistic counseling center serving CU Denver students and the Denver-metro community.
WHO ARE WE?
The CU Denver Student and Community Counseling Center provides counseling services for:

- CU Denver students
- DPS students and their families
- Denver-metro community members

In addition, the center serves as a training site for counseling graduate students in the CU Denver School of Education and Human Development.

We are staffed by psychologists, professional psychotherapists and advanced graduate level practicum students and interns. Counseling faculty members as well as professional staff supervise our students. Our staff is well-trained in working with diverse psychological issues with individuals, couples and families.

Our services focus on helping clients learn, recognize and use their strengths and skills to solve problems and to enrich their quality of life. Each individual, couple or family is assured respect and confidentiality. We honor the personal needs, beliefs and multicultural contexts of our clients.

All information is kept confidential except in cases of abuse or neglect of children or the elderly, harm to self or others, or as required by the State of Colorado or threat to national security.

SERVICES PROVIDED
We are dedicated to providing services to our diverse campus population as well as our Denver-metro community. Services include:

- **Individual Counseling**  
  (children, adolescents, and adults)

- **Couple's Counseling**

- **Family Counseling**

- **Groups**

- **Life Skills Workshops**

- **Testing for Learning Disabilities**

- **Mental Health Screenings**

- **Online Resources**

- **Consultation & Prevention Services**

  When appropriate, we also provide our clients with referrals outside of our center.

FEES
**AFFORDABLE COUNSELING SERVICES**
We accept cash payments only and apologize that we are unable to accept credit cards, checks or insurance. We require a 24-hour cancellation notice or a $10 cancellation fee will be assessed.

**CU Denver Students**
CU Denver students receive counseling sessions at no cost as part of student fees. Counselors work with students to access additional support and resources available on campus. Additional services, including classes and groups, are also available at no cost.

**Denver Public Schools Students and Families**
Children and families from DPS are eligible for counseling sessions at $5 per session.

**Community Members**
Community members are eligible for counseling sessions. Fees for community members are assessed on a sliding scale fee structure based on the client's income and number of dependents. Community members are provided with a list of additional community resources.

**AFFORDABLE TESTING SERVICES**
Low cost psycho-educational assessment services in the clinic, including Learning Disability (LD) and Attention Deficit/Hyperactivity Disorder (ADHD) testing is available.
HOW CAN WE HELP YOU?

Individual, Couples, and Family Counseling
Groups & Life Skills Workshops
Testing for Learning Disabilities
Mental Health Screenings
Online Resources
Consultation and Prevention Services

Affordable Counseling for Denver Public Schools

Children and their families in Denver Public Schools (DPS) are eligible for short-term therapy services at only $5 per session.

DPS students are assigned a supervised graduate-level counselor who also works alongside caregivers and families.

For more information, please consult our website.

Visit Us!

Tivoli Student Union, Suite 454
303-315-7270

About Us

We are staffed by psychologists, professional psychotherapists and advanced graduate level practicum students and interns.

Our services focus on helping clients learn, recognize and use their strengths and skills to solve problems and to enrich their quality of life. The counseling center uses a brief, goal directed, flexible counseling model. Each individual, couple, or family is assured respect and confidentiality. We honor personal needs, beliefs, and multicultural contexts of our clients.

WWW.UCDENVER.EDU/COUNSELINGCENTER
Affordable Counseling for the Denver Community

Community Members
Community members are eligible for counseling sessions. Fees for community members are assessed on the sliding scale fee structure below. The fee structure is based on the client's income and number of dependents.

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