# Get the Confidential Social/Emotional & Mental Health Support You Need!

**CECOLC is committed to the education and well-being of our students. We are dedicated to fostering a nurturing and inclusive environment for all, and we want to make sure that all our staff, students, and families have access to supportive services and resources within our school, the community, our state, and beyond.**

**CECOLC has two mental health professionals available to our school community. Both are happy to connect with students, staff, and families via chat, video meetings, or by phone and are here to help families locate and connect to community supports and resources:**


***Courtney LaPar – School Counselor***
**Email:** courtney.lapar@coloradoearlycolleges.org
**Phone: 303-872-3391 x 33333**

***Ariel Ursitti – School Psychologist***
**Email:** ariel.ursitti@coloradoearlycolleges.org
**Phone: 303-736-9971**


**We also have an extensive resource guide with national, state, and regional resources for students, staff, and families:**




***Click Here to Access:***

CECOLC Resource Guide

**Students can also access two different channels in Microsoft Teams "Basecamp" designed to support student well-being:**

### *CECOLC Virtual Calm Room and Resource Hub*

**Life can be overwhelming, anxiety evoking, and stressful. Sometimes we all need a healthy escape. Here, students will find a space designed to help them locate tools and strategies to positively manage emotions and take pause to self-regulate, as well as various activities, exercises, and tips to support their overall well-being. They will also find helpful resources and information connecting them to their community.**

### *Interactive Wellness Space*

**CECOLC students can explore various wellness topics and activities in the *Interactive Wellness Space.* Here, students will find an interactive space designed to bring students together to share in learning and build a community of support and connection.**

**Lastly, CECOLC takes the safety and well-being of all students very seriously. If something occurs at school that is impacting your ability to feel safe in our online school environment, please know that you can reach out to any of our administration directly with concerns:**


***Tom Smith – Head of School***
**Email:** tom.smith@coloradoearlycolleges.org
**Phone: 303-872-3391, Option 1**

***Cody Whetstone – Academic Dean***
**Email:** cody.whetstone@coloradoearlycolleges.org
**Phone: 303-872-3391, Option 2**


**Please reach out to us should you need any additional support**