

# Summer Resources for Students and Caregivers

May 2024

## Student Resources for Mental Health

- [Mental Health Resources for Urgent Mental Health Support](#)
- [I Matter Colorado](#)- 6 free telehealth therapy sessions with referrals to continued support
- [PSD Health and Wellness Clinic](#)- summer medical and mental health support
- [PSD Health and Wellness Clinic \(Spanish\)](#) - summer medical and mental health support
- [Jacob's Center Trauma Therapy](#)

## Support Groups for Students

- [SNAPP Teen Activity Group](#)- activities and mental health support groups
- [ECHO Teen Support Groups](#) -weekly free drop-in support group to support teen mental health
- [Adolescent and Caregiver DBT Group](#) -Thursdays 4:45-6:45 pm. \$100/family
- [Teen Mindfulness Group](#) and [DBT Group- Beyond the Mirror](#). Contact them to be notified of group details once groups are finalized.
- [Charly Health Virtual Student Groups](#)- supports healthy habits, executive functioning, and decision-making
- [SPLASH](#)- groups and opportunities for LGBTQIA+ youth
- [OBC NoCo Weekly Youth Development Drop-in Groups](#)- OutBoulder groups supporting LGBTQIA+ youth
- [Improv for Social Skills](#) -on-line social skills improv sessions)
- [Eating Disorders Recovery Group for Adolescents](#) (Bloom Counseling)
- [Grief Support Events](#)- summer butterfly release and Father's Day remembrance from Pathways.
- [CSU Mindfulness Study](#)- get paid to learn mindfulness strategies that support well-being

## Summer Camps and Opportunities for Students

- [Student Friendly Employers List](#)
- [Fort Collins Summer Camps](#)- information on art, sports, academic, and specialty camps
- [Summer Camps in Fort Collins](#)- from the Matthews House Life Center (scroll newsletter)
- [The Recreator](#) - affordable camps, sports and summer activities for students of all ages through the City of Fort Collins
- [Boys and Girls Club](#) -summer programs for elementary students are full, middle and high school programs have room)

- [Matthews House Music Program \(and so much more!\)](#)- music, rock climbing, D & D
- [Summer Zone](#)- summer activities through the Matthews House
- [Spring Creek Gardens Summer Camps](#)
- [Mountain Kids Summer Camp](#)
- [Generation Next Serve](#) -weekly volunteering opportunities. Summer session is full, but students may apply for fall shortly
- [Round Up River Ranch](#) serves children ages 17 and under who have been diagnosed with a serious illness, and their families.
- [Camp Braveheart](#)- for youth who are grieving the loss of a loved one
- [Museum of Art Fort Collins Summer Camps](#)
- [Rivendale Summer Enrichment Camps](#)
- [Middle School Behavioral Health](#)- summer session for MS students interested in Behavioral Health Careers
- [High School Behavioral Health Camp](#)- summer session for HS students interested in Behavioral Health careers
- [Wildroots Summer Art Camp](#)- full for summer. Get on the email list to snag a spot in February for next summer. It fills up quickly!
- [Flingin Pots](#) -pottery classes
- [Music Groups](#)- music lessons through The Matthews House. Check out for August.
- [Poudre Public Libraries Summer Adventure](#)

### **Safe Spaces for Youth to Hang Out**

- [Teen Activity Center](#)- games, art, activities, mental health support- a community hangout for teens
- [Boys and Girls Club](#)
- [Matthews House Drop In Center](#)- a safe space for unhoused youth
- [Cultural Enrichment Center](#)- cultural activities for Black/African American youth

### **Community Resources for Families and Caregivers**

- [Community Resource Guide](#)
- [Summer Community Resources](#)
- [Larimer County Food Resources](#)
- [EBT Food Vouchers](#)
- [Supported Families, Stronger Communities](#)- you can self-refer for support with housing and utilities, behavioral health, SNAP and TANF, etc.
- [La Familia](#)- family support services, early childhood, and advocacy. Summer [yoga](#), [hiking](#), and [cooking class](#) for youth
- [Jacobs Center](#)- Family Resilience Coordination, Youth and Family Coaching, Connection Groups
- [The Matthews House](#)- Parent Cafe support groups, Family 2 Family Navigators, Early Childhood Navigators, homework support, enrichment activities, and graduation support for students, music and summer programs for students

## [The Center for Family Outreach](#)

### **Mental Health and Support Group Resources for Caregivers**

- [Mental Health Resources for Urgent Mental Health Support](#)
- [Jacobs Center](#)- Family Resilience Coordination, Youth and Family Coaching, Connection Groups
- [CSU Center for Family Counseling and Therapy](#)
- [Family Assessment and Planning Teams](#)- supporting families with children with severe mental health issues or trauma who are at-risk of out-of-home-placement
- [Adolescent and Caregiver DBT Group](#) -Thursdays 4:45-6:45 pm. \$100/family
- [Roots and Branches](#) -a drop-in support group for caregivers with children of all ages
- [Engaging Parents/Stress Management](#)- parenting sessions through Center for Family Outreach
- [Circle of Parents](#)- recovery support group through Center for Family Outreach
- [The Center for Family Outreach](#)- resources for challenging adolescent behavior and family conflict. See website for life skills groups open to all youth and parenting groups open to all caregivers.
- [Adult Support Groups](#)- 18+ support groups for recovery, BIPOC, etc through the Yarrow Collective
- [The Matthews House](#)- Parent Cafe support groups, Family 2 Family Navigators, Early Childhood Navigators, homework support, enrichment activities, and graduation support for students, music and summer programs for students
- [Community Life Center](#)- groups and resources for caregivers through the Matthews House
- [Matthews House Safe-Care Caregiver Group](#)
- [Grief Support Events](#)- summer grief support events as well as weekly adult grief support groups from Pathways
- [Healing From Trauma](#)- trauma education and support groups for adults
- [Parent Cafes](#)- Caregiver support groups through The Matthews House
- [Namaqua Center Grandfamily Support Groups](#)