



COUNSELING CORNER



UPCOMING EVENTS

**AUGUST IS SELF
AWARENESS MONTH**

**WEDNESDAY SEPT 6 LATE
START**

**LOOKING FOR MORE
CONNECTIONS THIS YEAR?
EMAIL YOUR COUNSELOR
AND LET THEM KNOW!**

**GSA WILL START AGAIN IN
SEPTEMBER WITH A NEW
FORMAT - STAY TUNED!**

Welcome to LaunchED

Meet us on the corner where education and well-being connect seamlessly at LaunchED! We're thrilled to introduce you to a dynamic partnership to support your growth, development, and success. Meet our new counselor on the next page, and stay tuned for more exciting events.

Connect, Engage, Flourish

They say engagement is key to success. Join us this year as we offer virtual events, workshops, and interactive sessions to continue to build engagement. Together we will learn strategies that include time management, digital balance, and emotional resilience. We aim to empower our students with the skills needed to excel academically and personally.

Reach Out and Soar

Have questions or ideas, or want to chat? We're always here for you. Reach out to us whenever you need support, guidance, or even a friendly conversation. The LaunchED website also offers many resources for many community members! Let's make this journey memorable and impactful together.



Meet your Counseling Team for 2023-2024



Your Dynamic Duo

LaunchED's counseling team is Britt Hakonson, School Counselor, and Julie Mitchell, Mental Health Interventionist. Together, we're committed to guiding each student through their academic journey that nurtures scholastic achievements and emotional well-being.

MS. BRITT PONDS THE OPTIONS FOR HER STUDENT'S COLLEGE APPLICATIONS (BELOW)

Your Academic Navigator



As your School Counselor, I help you design your academic path. Whether choosing the perfect courses, mapping your educational journey, or providing study tips for online success, I've got your back. Let's work together to make this year one of accomplishment and growth. Feel free to connect with me by email: hakonson_susan@svvsd.org. Yes, it says Susan, but everyone calls me Ms. Britt!

JULIE MITCHELL IS ALL SMILES WHILE HELPING A STUDENT (BELOW)



Your Emotional Ally

I'm your Mental Health Interventionist, Julie Mitchell. Your emotional well-being matters, and I'm here to ensure you have the tools to thrive in school and beyond. From managing stress to fostering positive relationships, I'm dedicated to helping you navigate life's challenges while celebrating your triumphs. Together we will create ways to build resilience, lessen anxiety, and be successful in and beyond the classroom. You can reach me at mitchell_julie@svvsd.org.

iMatter Sessions Continue Another Year

Colorado is continuing to offer temporary services to access mental health and substance use disorder services for youth through June 2024. The program is open to 18 years or younger or 21 years or younger if receiving special education services. Parents, seeking support for your child is not a sign of failure—it's a sign of strength. The I Matter program can connect you with a therapist for up to 6 free virtual counseling sessions (some in-person appointments available, too) that are completely confidential.

The Colorado Department of Human Services, Office of Behavioral Health funds the I Matter program. The program provides up to 6 free behavioral health sessions for youth in Colorado.

Check out <https://imattercolorado.org/> for more information or to access your free sessions.

