

Local Resources

[Triad Early Childhood Council](#)

[Childcare Innovations, Red Rocks Community College](#)

[Jefferson Center for Mental Health](#)



[Tennyson Center Child First](#)

[ECHO](#)

[Jefferson County Public Libraries](#)

[Clear Creek Public Libraries](#)

[Gilpin County Public Libraries](#)

[Clear Creek Wellness Center](#)



Health in Early Childhood Collaborative News

Clear Creek, Jefferson and Gilpin Counties

August 2023

Mental Wellness

Jefferson Center

Events and self-care wellness resources links for families and caregivers are in local resources panel on left. Click [here](#) for Jefferson Center's ongoing hybrid summer wellness classes. You do not need to be a Jefferson Center client to participate in these classes. See the new flyer describing services by Early Childhood Family Services team and Early Childhood Mental Health Consultation team.

Nature and Outdoor Learning

Outdoor learning environments and nature improve health and well-being for all. Need fresh ideas for exploring the outdoors with young children? View helpful tips and ideas [here](#). Be sure to check out National Wildlife Federation/Early Childhood Health Outdoors (ECHO) monthly [trainings](#) for more wonderful ideas.

ECE Education and Self Care Skills

Text to Live Healthy

Interested in weekly wellness tips to help keep your family healthy? Text Berry to 97699. Find out more about Culture of Wellness in Preschools in attached flyer.

Immunization and Pediatric Resources

Your county public health departments have a multitude of pediatric resources for families. Click on the specific counties for resources including back to school vaccine information: [Gilpin](#), [Clear Creek](#), [Jefferson](#).

County Health Survey

Gilpin County Public Health is conducting a community health assessment to learn about the most important issues impacting the health of community members. If you are part of the Gilpin community, your input is important to this process and will help identify health priorities to

[Jefferson County Public Health](#)

[Gilpin County Public Health](#)

[GoFarm ECE Food Shares](#)



[Denver Urban Gardens \(DUG\)](#)

[Farm to Child](#)

[Culture of Wellness in Preschools \(COWP\)](#)

[Mountain Resource Center](#)

[Healthy Child Care Colorado](#)

[The Holistic Homestead](#)

[Triad Bright Futures](#)

[Regional Health Connectors](#)

address in the next five years. Complete by Friday, August 18th. Survey [link](#).

Healthy Eating Active Living

Gardening

Looking for a community garden or already use one? The American Community Gardening Association lists many around the world, recipes, toolkits, and digital materials. [Garden locations](#)

Healthy School Meals for All

Join Hunger Free Colorado to learn about Healthy School Meals for All on 8/19 where you will be able to learn about the HSMA program and get answers to some questions you might also have about the program. [Learn more here](#).

Healthy Eating Active Living Toolkit

The new [Healthy Eating Active Living \(HEAL\) in Child Care Toolkit](#) is available. The HEAL in Child Care Toolkit supports early childhood professionals with resources to families to develop healthy habits!

Environmental Quality Awareness

Air Quality Improvement

Air Quality Presentation

Join us on August 22, 2023, at 6:30pm for a 1-hour free training on Air Quality for Child Care Providers and Families. This virtual presentation will be provided by Madison Pitts from Jefferson County Environmental Health. JCPH will talk about how to ensure the healthy air quality in programs, check air health, decrease air pollution, what public health does and supports they provide. To register, visit the [Triad calendar](#).

Additional Trainings, Events and Grants Information

Mountain Resource Trainings and Events

Mountain Resource Center is starting their Incredible Years programming on August 22nd, and for other upcoming events such as healthy cooking classes see attached flyer.

Denver Urban Gardens

August is a great month to replant and add new items into your garden in preparation for fall no matter what altitude you reside in. Check out the fall planting guide article from [DUG](#).

[Gilpin County Community Center](#)

[Emotional Theater](#)

[Clear Creek Recreation District](#)



[Gilpin CSU Extension](#)

[Jeffco CSU Extension](#)

[Nurse Family Partnership](#)

[Jefferson County Childcare Association](#)

Contact Information:

Brenda.Hobgood@rrcc.edu
(303) 914-6502



Healthy Food Access

Colorado Blueprint to End Hunger is now accepting applications for microgrants to support small, grassroots efforts increasing healthy food access. Sign up for [updates](#).

Farmers' Market Nutrition Program and Double Up Food Bucks

The WIC FMNP 2023 season continues. For more information including a map of participating markets, visit:

<https://www.coloradowic.gov/farmers-market-nutrition-program-fmnp>

The Double Up Food Bucks program doubles the value of SNAP benefits spent at participating markets and grocery stores which helps people bring home more healthy fruits and vegetables while supporting local farmers. Find out more information [here](#).

Food Shares

GoFarm supports local farmers, connect people with local agriculture, and increase equitable access to nutrient-rich food grown in Colorado. ECE Food Share pick-up locations for 2023 go through October and include Downtown Golden, South Golden, and West Arvada. Shares start at \$58 per week.

Vroom

Learn about the brain science of young children and help them prepare for school, friends, and life in this engaging virtual workshop. Presenters will provide resources attendees can use with families they work with. Register in Advance: [August 24th from 11-12pm](#) Can't attend? Check out some examples of brain-building activities for children ages 0-5 with these printable tip card sets in multiple languages. [Click here](#).

Grant Opportunity

The Maternal Mortality Program [RFA for Community-led Solutions to prevent mortality and morbidity](#) seeks to fund up to five (5) organizations, groups, collaboratives, or individuals with an average award of \$50,000. Applications are due September 1st, 2023.

Farm to Child Collaborative Gathering

The Farm to Child Collaborative will host an in person gathering in Fort Morgan on September 9th. More information about gathering and Spring survey results can be found in their attached August newsletter.

CACFP Sponsors Association Virtual Summit

The National CACFP Sponsors Association is hosting a [Virtual Summit](#) from August 15-17. There will be 15 sessions available on a range of CACFP topics including nutrition, program administration, operations, and professional development!

***Save the Date:** Next HEC Meeting is September 13th 10-11:30 at RRCC.