



PALOMÉ NOW OFFERING CLASSES AT



WOODLAND PARK PUBLIC LIBRARY
218 E. MIDLAND AVE
WOODLAND PARK, CO 80863

WOODLAND PARK SENIOR CENTER
321 PINE STREET
WOODLAND PARK, CO 80863

HOME BASE ADDICTION SUPPORT AND RECOVERY

Formerly 'Base Camp Recovery', Home Base is a drop-in group meant to provide youth, adults, and their loved ones with a safe place to explore addiction, support, resources, and recovery. This is a drop in group. | *Dinner provided*
Tuesday 5:30-7:00 PM.



Location: Woodland Park Senior Center

ART THERAPY TEEN GROUP (TIPS)

A group that provides teenagers with an outlet that allows for self-exploration through creative expression. | *Light refreshments provided*

Wednesday 4:00-6:00 PM

Location: Woodland Park Public Library

TEEN SURVIVAL SKILLS 101

An educational group meant to explore mental health skills that build resilience and support well-being in the teenage years. | *Light refreshments provided*

Thursday 4:00-6:00 PM

Location: Woodland Park Public Library

TRAUMA-INFORMED PARENTING SUPPORTS (TIPS) AND IT'S ALL ABOUT BEING A TEEN

A program offering families resources and supports utilizing concepts from the Nurturing Parenting Program, brain development from the 'Whole Brain Child', and Trust-Based Relational Intervention (TBRI). There is a parent/support group and a teen group occurring at the same time. | *Light refreshments provided*

Saturday 10:30 AM-12:30 PM

Location: Woodland Park Public Library

CONTACT FOR MORE INFORMATION
AND REGISTRATION:

Email: intake@palome.org

OR

Laura Olson: 719-651-8928

Deb Goulet: 719-252-5100



Joint Initiatives
FOR YOUTH + FAMILIES



HEALING YESTERDAY,
ACCEPTING TODAY,
BUILDING TOMORROW