

# AXIS Support Offerings

Our community support offerings:

- ***Teacher and Parent Wellness Coaching*** is available by phone at no cost to teachers and families (with youth of any age). Please call **K.D. Bryant, LPC** at 970-903-9423 for more information.
- ***Virtual Guided Mindfulness sessions*** are available every Friday at 12:00p with **Shelley Millsap, MED, LPC, NCC**. You can go live or find previous sessions recorded on our [Facebook page](#).
- ***Emotional Resilience During Difficult Times Training: Robin Baker, Engagement Services Manager*** held a virtual training providing tools for community members to help when they identify someone may be struggling with behavioral health concerns or suicidal ideation. Click on the following link (\*scroll to minute 16 for training to start) [https://zoom.us/rec/share/x8xKKJfQqkpOGaPv0Xr\\_dZUoNJ3Oeaa8hHcfr\\_Bbnk8K8FgdcPIApoKDSQNRERck](https://zoom.us/rec/share/x8xKKJfQqkpOGaPv0Xr_dZUoNJ3Oeaa8hHcfr_Bbnk8K8FgdcPIApoKDSQNRERck)

Regular updates on our service availability and other helpful resources on our Facebook page <https://www.facebook.com/AxisHealthSystem/> and on our website: [www.axishealthsystem.org](http://www.axishealthsystem.org). As always, please feel free to reach out to me or Sarada Leavenworth, our Public Information Officer. We are available to assist you or provide any additional information as may be helpful. Sarada can be reached at: 970-317-4619 or at [sleavenworth@axishealthsystem.org](mailto:sleavenworth@axishealthsystem.org).