

Health Without Barriers

Helping families lead happier and healthier lives

WHAT DO WE DO?

This 6-week family program supports the health and happiness of youth, ages 11-19 years old, and their family members, all of which, regardless of age, are invited to participate in the program. We provide a holistic health and wellness education, hands-on cooking and nutrition classes, and resources for families to better navigate stress and support wellbeing. We are specifically looking for families in rural Southwest Colorado.

WHO IS PUTTING ON THIS PROGRAM?

We are a team from Colorado State University's La Plata County Extension, and CSU's Department of Human Development and Family Studies, partnering with community members from Southwest Colorado. Community members' input is crucial in ensuring this program meets the culturally responsive needs of families living in Southwest Colorado.



WHO CAN PARTICIPATE?

Families with teens between the ages of 11-19 years old who live in La Plata/Montezuma/Archuleta County. The WHOLE family is invited to participate, and siblings of all ages are welcome! Health Without Barriers also includes a class for preschool-age children to teach them about new foods.

WHAT DOES OUR PROGRAM COVER?

Sessions take place two times a week after typical school and work hours with dinner always provided! Health Without Barriers is offered in both Spanish and English.



- **Family support education for parents** - Different aspects of family dynamics are explored to improve health and well-being. Parents learn strategies to build on their family's strengths to help improve the overall wellbeing of their family. There are also parent group sessions covering family-dynamics, nutrition, and physical activity.
- **Physical activity** - Teen/s and their siblings take part in fun activities to promote movement in and out of the program.
- **Stress management** - Mindfulness is a key component of the program for teens and their families. It is an evidence-based tool to navigate stress and improve well-being. Mindfulness means paying attention to the present, on purpose, and with kindness.
- **Cooking and nutrition class** - Families participate in a hands-on cooking class, coming together to cook and eat a new healthy meal. Families are given a bag of groceries after each class so they can cook the same meal at home on another day. Families learn how to identify nutritious foods through lessons aimed at skills-building. Lessons include label reading, taste testing, food preparation, and shopping.

Health Without Barriers | <https://engagement.colostate.edu/health-without-barriers/> | equitablefamilywellness@colostate.edu



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HOW CAN YOU HELP?

We want to continue to help families living in Southwest Colorado lead healthier and happier lives! Health Without Barriers needs support to continue providing this valuable and meaningful program to serve the community. To make your impact today and support the mission of Health Without Barriers, visit <https://col.st/2Fcn1>.

In the comments section, please write "Health Without Barriers". For mail-in contributions, please make your check out to the Colorado State University Foundation and note "Health Without Barriers" in the memo line. Mail to: Colorado State University Foundation, PO Box 1870, Fort Collins, CO 80522

MEET THE TEAM!

OUR TEAM IN SOUTHWEST COLORADO

- Nicole Clark, Program Director
- Lyndsey Parrott, Program Coordinator
- Elvia German, Program Coordinator & Parent Facilitator
- Mayra Gallardo, Physical Activity Facilitator
- Tomas German Palacios, Teen Mindfulness Facilitator
- Mya Holladay, Cooking and Nutrition Facilitator

OUR TEAM IN FORT COLLINS (COLORADO STATE UNIVERSITY)

- Lauren Shomaker, Program Director/
Clinical Psychologist
- Vicky Jimenez, Program Coordinator
- Megan Moran, Graduate Student Researcher
- Ana Gutierrez-Colina, Clinical Psychologist



INTERESTED IN PARTICIPATING OR DONATING?

Scan the QR code to learn more or reach out to Elvia at 970-286-1866; Lyndsey at 970-657-0141; or email equitablefamilywellness@colostate.edu.



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