

## JANUARY EVENTS

EVENTS REQUIRE ONLINE REGISTRATION Register at [www.buildinghopesummit.org/events](http://www.buildinghopesummit.org/events)

JAN

7

THURSDAY



### LINOCUT PRINTMAKING CLASS AGES 12-20

In collaboration with BreckCreate, this class teaches linoleum block printmaking techniques. Led by Callie Glidden, participants will learn about printmaking materials as well as how to safely use tools to create a finished print by the end of class. This is an in-person event where participants must wear masks and will be screened upon arrival.

**Time:** 3-5:30 pm **Location:** Breckenridge

JAN

7

THURSDAY



### SOUND HEALING WITH EMMA

Let the waves of sound wash over you in this relaxing Sound Bath experience. Enjoy the healing benefits of Tibetan Bells, Crystal Quartz Singing Chakra Bells, shamanic drums, Koshi chimes, and more. Leave feeling rejuvenated, happier, calmer and stress free. Headphones suggested.

**Time:** 6-7:30 pm **Location:** Online: [Register for the Zoom Meeting Details](#)

JAN

12

TUESDAY



### BURNED COASTERS AGES 12-20

In collaboration with the Frosted Flamingo Mobile Art Studio join us on the 2nd and 4th Tuesday of every month to make unique crafts (that you probably wouldn't make on your own)! This is a great opportunity to create artwork and meet other creative-minded people. All levels are welcome. Keep your finished projects or gift them as a way to pass on the kindness in Summit County!

**Time:** 3:30-5 pm **Location:** Silverthorne

JAN

12

TUESDAY



### COOKING FOR HOPE

Join Dr. Justin Pollack, ND in his kitchen, to learn some well-researched foods and nutrients that will keep the "terrain" of your body resistant to COVID-19 and other crud this winter. Food is the best medicine. Let's get cooking!

**Time:** 6-7:30 pm **Location:** Online: [Register for the Zoom Meeting Details](#)

JAN

13

WEDNESDAY



### CROSS COUNTRY SKIING 12-20

In collaboration with Breckenridge Outdoor Education Center (BOEC) join us to learn one of the best ways to experience the outdoors in winter. We've created a series of group-oriented cross country sessions where you'll learn to cross country ski, be active, and spend time with your friends.

**All levels and abilities welcome!**

**Time:** 1 pm & 3 pm **Location:** Breckenridge

JAN

14

THURSDAY



### GUIDED SNOWSHOE

Enjoy a journey through the forest to connect with your true nature and potential. This event will be an opportunity to get outside with like-minded individuals and create positive conversations to support mental health and well being. Leslie will offer mindful stops along the way for reflection, mindful movement and meditation to help you find clarity, connection and set an intention for the new year.

**Time:** 10-12 pm **Location:** Breckenridge

JAN

19

TUESDAY



### GENTLE YOGA

Yoga helps clear the mind, offers calm and healing and helps unite communities. Join Leslie Glenn for this hour class designed to create an open, safe place for anyone who wants to stretch, breathe and experience a sense of community, connection and healing.

**Time:** 6-7:30 pm **Location:** Silverthorne



HYPE Youth Connection



All Ages-Connectedness



Training Class

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JAN

20

WEDNESDAY



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**All levels and abilities welcome!**

**Time:** 2:30 pm **Location:** Frisco

JAN

21

THURSDAY



### THE ART OF COLLAGE AGES 12-20

In collaboration with BreckCreate participants will learn the art of collage by creating artwork from various pieces of photos, magazines, and drawing and painting materials.

**Time:** 3:00 pm **Location:** Breckenridge

JAN

21

THURSDAY



### WOMEN'S CIRCLE

A Women's Circle is a safe and supportive gathering of women to share, express, and reflect with acceptance. This online gathering will include learning through storytelling as we explore a short story together and have time to discuss the meanings in our lives. *This workshop is open to women and girls ages 14+*

**Time:** 6-7:30 pm **Location:** Online: Register for the Zoom Meeting Details

JAN

26

TUESDAY



### PAINTED WOOD SIGNS AGES 12-20

In collaboration with the Frosted Flamingo Mobile Art Studio join us on the 2nd and 4th Tuesday of every month to make unique crafts (that you probably wouldn't make on your own)! This is a great opportunity to create artwork and meet other creative-minded people. All levels are welcome. Keep your finished projects or gift them as a way to pass on the kindness in Summit County!

**Time:** 3:30-5 pm **Location:** Silverthorne

JAN

26

TUESDAY



### EXPRESSIVE ART- KATHYE CONTI

Giving yourself permission to go deeper. In this class you will be guided by Kathye Conti through a series of creative exercises giving yourself the opportunity to take a chance and be more expressive with each opportunity. All you need is what you already have!

**Time:** 6-7:30 pm **Location:** Online: Register for the Zoom Meeting Details

JAN

28

THURSDAY



### FULL MOON CEREMONY

What if there is a way to connect with nature to experience less stress, and more connection to self & nature? The moon can have many insights on how to live a life of more ease. Through this introductory workshop, attendees will explore how to connect with the moon's energy by aligning our actions & non-actions with what phase the moon is in on any given day. All moon lovers welcome!

**Time:** 6-7:30 pm **Location:** Online: Register for the Zoom Meeting Details

