

# BUILDING HOPE SUMMIT COUNTY

SUPPORT & CONNECT!

SEPTEMBER IS SUICIDE PREVENTION MONTH. Connectedness Events Sponsored by 1st Bank

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

All events are FREE; all are welcome! YOU MUST RSVP TO ATTEND!

SEPT

7  
SAT

## HIGHSIDE BREWING FUNDRAISER FOR BUILDING HOPE

Highside's new Charitable Music Series features two bands, raffle prizes and an evening of community support. \$15 donation at the door includes raffle ticket. Join us for this amazing inaugural event to benefit Building Hope!

SEPT 7, 6:00PM-11:00PM, **HIGHSIDE BREWING, 720 MAIN ST., FRISCO**

SEPT

11  
WED

## EMBRACING CHANGE: A GUIDED HIKE

Fall is a season of change and transition. Both are inevitable parts of life, yet we often find them challenging. Join longtime local and outdoor enthusiast Susie Nothnagel for a guided hike where we'll discuss obstacles to embracing change, as well as learn healthy, creative tools to support ourselves and each other during our seasons of change. Please wear appropriate clothing/footwear and be prepared to walk up to 2 miles.

SEPT. 11, 5:30-7:30PM, **MEET AT BRECK ICE RINK PARKING LOT (ILLINOIS CREEK TRAIL SIGN)**

SEPT

12  
THURS

## HEALING THROUGH YOGA

Join Ashley Hughes, a severe trauma survivor and yoga teacher, as she leads a practice tailored to support healing. Ashley utilizes a sequence that allows us to practice tuning in to how we really feel and why, ultimately reconnecting the mind and body and returning to a world in which we can thrive.

SEPT. 12 - 6:00PM-7:30PM, **FRISCO SENIOR/COMMUNITY CENTER**

SEPT

17  
TUES

## COMMUNITY QPR MENTAL HEALTH TRAINING/DINNER

The QPR (Question/Persuade/Refer) mission is to save lives by providing innovative, practical and proven suicide prevention training. Dinner will be provided.

SEPT. 17 - 6:00PM-8:00PM, **SOS OUTREACH CENTER (110 S. 3rd Ave.), FRISCO**

SEPT

18  
WED

## COMMUNITY YOGA

Yoga helps clear the mind, offers calm and healing and helps unite communities. Join Leslie Glenn and Amy Sabreen 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. All ages and levels welcome to join us and tea and snacks will be served at the end.

SEPT. 18 - 6:00PM-7:30PM, **BRECKENRIDGE LIBRARY**

SEPT

19  
THURS

## TRANSFORMING GRIEF: HEALING AND HOPE

Have you ever wondered if past grief negatively affects your life in the present? Grief is sometimes overwhelming and often misunderstood. Learn how to engage your body, mind & spirit in the dance between past and present, which helps us reconcile the past, heal in the present & find meaning for the future.

SEPT. 19 - 6:00PM-7:30PM, **HOOSIER ROOM, COUNTY COMMONS, FRISCO**

SEPT

20  
FRI

## MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills needed to provide initial help and support to someone who may be experiencing a crisis. Lunch and snacks will be served.

SEPT. 20 - 8:30AM-5:00PM, **SOS OUTREACH CENTER (110 S. 3rd Ave.), FRISCO**

SEPT

24  
TUES

## EXPRESSING HOPE GREETING CARDS

Have you ever received a card from someone that brought you joy? One where you actually felt the love and it made you smile? Here's your chance to make some joyful cards of your own and a few to donate to a Building Hope future event, where people will need a loving lift from someone who cares.

SEPT. 24 - 6:00PM-8:30PM, **SILVERTHORNE LIBRARY**



VISIT [BUILDINGHOPESUMMIT.ORG](http://BUILDINGHOPESUMMIT.ORG) FOR MENTAL HEALTH RESOURCES.