

BUILDINGHOPE SUMMIT COUNTY

Visit BuildingHopeSummit.org for information about mental health resources and navigating support services in Summit County.

APRIL EVENTS

EVENTS REQUIRE ONLINE REGISTRATION Register at www.buildinghopesummit.org/events

APR

1

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.

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

APR

1

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. We will open discussion with each other, learn grounding practices, and will conclude with a restful and nourishing gentle movement practice. This workshop is open to female-identifying individuals ages 14+

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

APR

7

WEDNESDAY



CROSS COUNTRY SKIING AGES 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: 3:30-5:30 pm **Location:** Breckenridge

APR

7

WEDNESDAY



MTN AXE AGES 12-20

Come join MTN AXE staff and learn about one of the most fun and fastest growing sports globally! We have created a series of clinics to teach you all about axe throwing. We start every session with safety, followed by throwing techniques, and we work with each person individually to help you perfect your throws, we practice and will play some games.

Time: 5-6 pm **Location:** Breckenridge

APR

13

TUESDAY



COOKING FOR HOPE

Learn about how your mental health is influenced by what you eat with an interactive experience that's just like having a chef with you in your home kitchen while you cook! Interact live through video with Chef Ian Buchanan, Dr. Justin Pollack, and Drew Mikita, LPC while you prepare the evening's recipes. Have some fun by yourself or invite family and friends to join!!

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

APR

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WEDNESDAY



YOGA AND MINDFULNESS AGES 13-18

In collaboration with Meta Yoga Studios, learn yoga poses and mindfulness exercises in an interactive environment. Improve focus and attention, address stress and anxiety to enhance overall physical and mental health and have fun doing it! This class is for all abilities from beginner/never-ever to experienced. Try something new and bring a friend!

Time: 5:30-6:30 pm **Location:** Breckenridge

APR

15

THURSDAY



ASSEMBLAGE ACTION FIGURES AGES 12-20

In collaboration with BreckCreate, learn about Assemblage art which is made from various everyday objects, also known as "found objects" in sculpture. In this class we will focus on using items such as sticks, pinecones, bottle caps, buttons, feathers, and all kinds of things to make a figurative sculpture. We will go over various sculpture techniques for adhering different types of objects together, whether that be gluing, sewing, bonding or other strategies.

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



HYPE Youth Connection



All Ages-Connectedness



Training Class

APRIL EVENTS

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APR

20

TUESDAY



EXPRESSIVE ART - NURTURE INTO NATURE

As we begin to enter into spring, let's open ourselves to explore our creativity to become inspired together and create a piece of artwork that is a reflection of ourselves within Nature. Bring materials that you have on hand. Drawing tools like pens, pencils, markers or paints, paper or a canvas and reference materials such as flowers, a plant, leaves, branches, pinecones, seeds, pods, anything that reflects nature.

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

APR

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THURSDAY



GO4GRAHAM OUTDOOR ADVENTURE

Join Building Hope and Go4Graham on an outdoor adventure. Start your day with a two hour guided hike, snowshoe or cross country ski. Go4Graham is a movement for mental health; growing a grassroots community of passionate individuals to shred the stigma around mental health and to be mental health advocates in their communities. Only together can we make change and improve lives! Dress warm and bring layers. Meet up location will be sent after registration.

Time: 10 am - 12 pm **Location:** Frisco

APR

27

TUESDAY



COMMUNITY 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

APR

28

WEDNESDAY



MTN AXE AGES 12-20

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Time: 5-6 pm **Location:** Breckenridge

