

# BUILDING HOPE SUMMIT COUNTY

SUPPORT & CONNECT!

All events are FREE; all are welcome!

**JUNE EVENTS** YOU MUST RSVP ONLINE AT [BUILDINGHOPESUMMIT.ORG/EVENTS](http://BUILDINGHOPESUMMIT.ORG/EVENTS)

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

**JUNE**  
**5&19**  
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 in and tea and snacks will be served at the end.

**JUNE 5 – 6:00PM-7:30PM, DILLON COMMUNITY CHURCH, DILLON**

**JUNE 19 – 6:00PM-7:30PM, SOUTH BRANCH (BRECK) LIBRARY**

**JUNE**  
**11**  
TUES.

## SOUND HEALING

Let the waves of sound wash over you in this Sound Bath: enjoy the healing benefits of Tibetan Bowls, Crystal Quartz Singing Chakra Bowls, shamanic drums, Koshi chimes, and more. The sound vibrations help shift your brain into a more relaxed state, making it easier to fall into a deeper meditation: improve sleep, help recover from illness, cleanse the body of negative emotion and energy, heal stored traumas and medical treatments, ease anxiety and depression, let the vibrations affect the cells in your body in a positive way! Leave feeling rejuvenated, happier, calmer and stress-free!

**6:00PM-7:30 PM, NORTH BRANCH (SILVERTHORNE) LIBRARY**

**JUNE**  
**13**  
THURS.

## TRAUMA AND RESILIENCE

This workshop is for anyone who has experienced or is recovering from trauma; or is the parent, guardian, friend or family member of someone who has experienced trauma. Join Naropa University graduate and LPC Jonathan Kaplan as he defines trauma as the experience or perception of stressors that overwhelm our nervous system, much like when a circuit breaker flips. Healing from trauma IS possible, and Kaplan will help you learn to identify whether you're "on edge" or "shut down," and how to teach your body to react in a more grounded and resourced manner. Families are welcome to attend with their teen-aged children; the workshop is most appropriate for teens ages 15 and up.

**6:00PM-7:30 PM, UTE ROOM, SENIOR & COMMUNITY CENTER, FRISCO**

**JUNE**  
**18**  
TUES.

## ARTS EXPRESSION: COURAGE, INNER-STRENGTH AND POWER

In this Building Hope Expressive Arts Program each participant will be guided, using a blank canvas, paint and collaging materials, to explore their Creative Spirit. Through letting go of expectations, freeing ourselves, developing courage, and letting go of comparisons along the way, we allow ourselves to experiment, play, explore and develop a deeper connection with ourselves. This will prove to be a fun and exciting art class!

**6:00PM-8:30PM, BUFFALO MT. ROOM, COUNTY COMMONS, FRISCO**



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