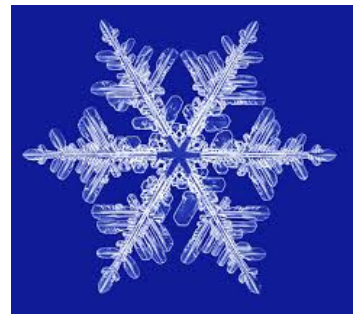


# BUILDINGHOPE SUMMIT COUNTY



SUPPORT & CONNECT!

All events are FREE; all are welcome!

## DECEMBER EVENTS:

ALL EVENTS REQUIRE ONLINE REGISTRATION

Register at [www.buildinghopesummit.org/events](http://www.buildinghopesummit.org/events)

DECEMBER

### NAMI EDUCATION NIGHTS: MENTAL HEALTH NAVIGATION

3  
MON.

NAMI High Country invites you to join us for a conversation with Rachel Miller, Mental Health Navigator with Building Hope, Come learn about Building Hope's mission, vision and new programs; the role of a mental health navigator; existing services & navigation tools. NO RSVP necessary for this event.

6-7:30PM MINER'S CREEK RM, MEDICAL OFFICE BUILDING, FRISCO

DECEMBER

### COMMUNITY YOGA

5/12  
WED.

Yoga helps clear the mind, offers calm and healing and helps unite communities. This class is designed to create an open, safe place for anyone who wants to stretch, breathe and experience a sense of community, connection and healing. A short educational introduction precedes class and then the event is concluded w/ a community snack time afterward. INFO: Leslie Glenn: [leslie.glenn@gmail.com](mailto:leslie.glenn@gmail.com)

DECEMBER 5TH 6-7:30PM - HOOSIER RM, COMMUNITY & SENIOR CENTER, FRISCO

DECEMBER 12TH- 6-7:30 PM DISCOVERY & HOPEFUL RM, SOUTH BRANCH LIBRARY, BRECK

DECEMBER

### LIGHTNESS AND DARKNESS

13  
THURS

Come and reflect on what it means to hold darkness and light together; what it takes to face into suffering; and how to find hope and community. Participants will have the opportunity to try out practices that may help them move through difficult times, including meditation, poetry, artistic expression, sharing experiences of grief, and more. Light refreshments provided, Please RSVP 7-8:30PM COMMUNITY & SENIOR CENTER, FRISCO

DECEMBER

### HOLIDAY MINDFULNESS & COMPASSION

17  
MON

Holidays can be stressful. Enter this holiday season equipped with mindfulness-based self-compassion strategies. Dr. Kim Bundy-Fazioli will introduce participants to skills that help us to become aware of our internal dialogue. The intention is not to shut down the thoughts, but instead find ways to shift the attention. By shifting our attention, with kindness & compassion, we ultimately learn to quiet the mind and focus on what is present in this moment. RSVP PLEASE! 6-7:30 PM SILVERTHORNE LIBRARY

DECEMBER

### THE POWER OF PERSPECTIVE- A WRITING WORKSHOP

19  
WED.

Experience and understand how the language we use with ourselves and others in daily life impacts our attitudes and how changing our language can change our perspective! Participants will practice through writing a series of viewpoints (pessimistic, objective and optimistic) RSVP PLEASE!

6:00-8:00 PM HOBBY ROOM, COMMUNITY AND SENIOR CENTER, FRISCO

DECEMBER

### World Music Presents: REGGAE ON THE BLUE ft. ANTHONY B

31  
MON.

Join World Music Development for an awesome evening to bring in the new year with Reggae Star Anthony B, and other groups Hollywood Farmers and Split Window. 10% of proceeds from this concert benefit Building Hope! TICKETS \$35 in advance; \$45 at the door

8:30 PM-12:45AM RIVERWALK CENTER, BRECKENRIDGE [tickets.breckcreate.org](http://tickets.breckcreate.org)

