

BUILDING HOPE SUMMIT COUNTY

SUPPORT & CONNECT!

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

JULY EVENTS

All Events Require Registration. Sign Up at BuildingHopeSummit.org/Events

JULY

1

Weds

Virtual Community Yoga

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

July 1 – 6:00pm-7:00pm, **VIRTUAL (Join Us On our Facebook Page)**

JULY

13/15

Mon/
Weds

QPR: Training to Prevent Suicide/ QPR: Prevención de Suicidio

The QPR (Question/Persuade/Refer) mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. Please join us for an informative night of suicide prevention training.

La misión QPR/PPR (Question/Preguntar / Persuadir / Refer) es reducir los comportamientos suicidas y salvar vidas al proporcionar capacitación innovadora, práctica y comprobada para la prevención del suicidio. Creemos que la educación de calidad capacita a todas las personas, independientemente de sus antecedentes, para marcar una diferencia positiva en la vida de alguien que conocen. Únase a nosotros para una noche informativa de capacitación sobre prevención del suicidio

ENGLISH July 13 – 6:00pm-7:30pm, **VIRTUAL (Zoom information Available after RSVP)**

ESPAÑOL July 15 – 6:00pm-7:30pm, **VIRTUAL (Zoom information Available after RSVP)**

JULY

15

Weds

Outdoor Community Yoga

Yoga helps clear the mind, offers calm and healing and helps unite communities. Join Leslie Glenn and Amy Sabreen for these programs designed to create an open, safe place for anyone who wants to stretch, breathe and experience a sense of community, connection and healing. THIS IS AN IN-PERSON EVENT. REGISTRATION IS REQUIRED & LIMITED.

PARTICIPANTS MUST WEAR MASKS WHICH CAN BE REMOVED ONCE ON YOUR MAT.

July 15 – 6:00pm-7:30pm, **In Person Event in BRECKENRIDGE: Location Provided After Registration**

JULY

22

Weds

The Mindful Man: Sharpen Your Toolkit and Start Living a Happier Life NOW!

Join Mike and Ravi for a 101-level course geared towards the modern man to effectively address the stresses and frustrations we face. We will explore proven techniques to relax your mind, connect with your surroundings, develop healthy relationships, and activate your fullest potential. This workshop will provide concrete tips and methods that will immediately help you experience more happiness for yourself and everyone around you. *Please note, this event is intended for men only.

July 22 – 6:00pm-7:00pm, **VIRTUAL (Zoom information Available after RSVP)**

JULY

23

Thurs

The Healing Power Of Horses

Horses can be our teachers, healers and friends when we interact with them in intelligent and understanding ways. They help us mirror our feelings and energy when we are unable to see it ourselves. They show us the basis for positive leadership and help us gain a new understanding of communication as a bridge to successful partnerships in life. They teach us to harness our emotions for the greater good through collaboration of the human and equine mind. Join us for a few hours learning how to build trust with the beautiful rescued horses. Wear sunscreen and protective boots/shoes. Note: There will be a one-hour online training to complete prior to attendance at the ranch. THIS IS AN IN-PERSON EVENT. REGISTRATION IS REQUIRED & LIMITED. PARTICIPANTS MUST WEAR MASKS.

July 23 – 10:00am-2:00pm, **Blue River Horse Center 20 Minutes North of Silverthorne**

JULY

28

Tues

Expressive Art: Make Physical Distancing Beautiful

Join Kathye Conti as we help transform the outdoor space next to the Summit County Senior & Community Center into a welcoming physically-distanced communal space. Three of six new picnic tables will be painted to represent local organizations and you can help decorate the one for Building Hope using your ideas to express love, kindness, caring and communication!

All supplies will be provided. Wear your painting clothes and dress to be outside. THIS IS AN IN-PERSON EVENT.

REGISTRATION IS REQUIRED & LIMITED. PARTICIPANTS MUST WEAR MASKS.

July 28 – 11:00am-1:00pm, **In-Person Event in FRISCO; Location Provided After Registration**

BUILDING
HOPE
SUMMIT COUNTY



The Summit Foundation
Soul of the Summit

The Patti Casey
Memorial Fund



COLORADO
MOUNTAIN COLLEGE



Family & Intercultural
Resource Center

Like us on Facebook for Additional Virtual Connectedness Events and Resources throughout the Month @BuildingHopeSummitCounty & Building Hope Summit County en Español - Seamos Imperfectos Juntos

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