

BUILDING HOPE SUMMIT COUNTY

SUPPORT & CONNECT!

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

AUGUST EVENTS

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

AUG

5
MON

YOUTH EXPRESSIVE ARTS PROGRAM: FREE TO BE ME

In this youth art program for ages 11-14 we will work collectively to create a "We Are" mural, using paint and collaging materials that reflects what is important to each of us. What message would YOU like to express to your peers? Each person's ideas are epic and we really want to hear what you have to say so PLEASE bring a friend, come be creative, laugh and play at the Silverthorne Rec center activity room! Healthy snacks will be provided.

AUG. 5 – 12:00PM-3:00PM, SILVERTHORNE RECREATION CENTER

AUG

7&21
WED

COMMUNITY YOGA

Yoga helps clear the mind, offers calm and healing and helps unite communities. Join Leslie Glenn and Amy Saabreen 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. (Weather Dependent! Check www.facebook.com/thecommunityyogaproject for updates)

AUG. 7 – 6:00PM-7:30PM, POINT DILLON PARK (401 W. LODGEPOLE ST.) DILLON

AUG. 21 – 6:00PM-7:30PM, SOUTH BRANCH (BRECK) LIBRARY OUTDOOR READING DECK

AUG

12
MON

CONNECTING THROUGH MUSIC: A BUILDING HOPE FUNDRAISER FEATURING IRA WOLF

With more than 50 million plays on Spotify, Ira Wolf (<http://irawolfmusic.com>) has exploded onto the folk music scene. Hailing from the mountains of Montana, and making a home in Nashville, Tennessee, Wolf travels the country, sharing her music and writing that connects with audiences on a deeply personal level through soulful vocals and vulnerably honest lyrics. Please join us for an unforgettable evening of connecting through music at the incomparable MotherLoaded Tavern!

AUG. 12 – 5:00PM-8:00PM, THE MOTHERLOADED TAVERN, BRECKENRIDGE

AUG

15
THURS

THE POWER OF PERSPECTIVE WRITING WORKSHOP

The power of the words we use with ourselves and others helps shape our daily reality. When we choose deliberately and consciously, we can move from being victims of circumstance to engaged creators of our lives. In this writing workshop we will explore how simple shifts in perspective can change how we remember personal experiences and how to positively shape new. Sharing and networking and light snacks afterwards.

AUG. 15 – 6:00PM-8:00PM, SOUTH BRANCH (BRECK) LIBRARY OUTDOOR READING DECK

AUG

22
THURS

DISCOVER POSITIVE PSYCHOLOGY WITH CMC'S DREW MIKITA

Often, we feel as though we need to choose between being an optimist or a realist, conditioned that reality must be negative. In this workshop, CMC Psychology Professor Drew Mikita shares how reality and optimism can co-exist. Choosing positive, healthy, productive perspectives, leads to improved behaviors that can improve immediate and long-term mental wellness. Relying on natural, holistic, and safe approaches positive psychology is a zero-dollar, side-effect free way to find increased fulfillment, joy, and life satisfaction. This event is appropriate for adults/families with middle/high school-aged children.

AUG. 22 – 6:00PM-7:30PM, LOVELAND ROOM, FRISCO SENIOR/COMMUNITY CENTER

AUG

27
TUES.

ARTS EXPRESSION: COMMUNITY ORIGAMI BIRD MOBILE

Birds represent taking flight, freedom and lightness. During this Building Hope Arts Expression program, we will paint paper and then use origami, the art of paper folding, to create birds that we will hang on a group mobile. Each participant will also be encouraged to write a wish on the bird that you would like to manifest and take flight.

6:00PM-8:30PM, SOUTH BRANCH (BRECK) LIBRARY



VISIT BUILDINGHOPESUMMIT.ORG FOR MENTAL HEALTH RESOURCES.