

BUILDING HOPE SUMMIT COUNTY

SUPPORT & CONNECT!

November Community Connectedness Events Sponsored by the Summit County Rotary

NOVEMBER EVENTS

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

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

NOV GENTLE COMMUNITY YOGA

6
WED

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 and tea and snacks will be served at the end.

NOV. 6 – 6:00PM-7:30PM, **FRISCO COMMUNITY & SENIOR CENTER, HOOSIER ROOM**

NOV COOKING UP HOPE

11
MON

Building Hope has teamed up with the CMC Culinary Kitchen, Science and Psychology Departments to bring you a hands-on cooking event designed to bring awareness to mental health and how what we eat impacts our emotional and physical well-being. This class has a strict capacity and you must RSVP to reserve a spot in the class. Come for an evening designed to connect, learn and have fun!

NOV 11, 6:00-9:00PM, **COLORADO MOUNTAIN COLLEGE BRECK CAMPUS**

NOV SOUND HEALING: A SOUND BATH IMMERSION

14
THURS

Let the waves of sound wash over you in this relaxing Sound Bath experience. 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. Please bring a yoga mat.

NOV. 14 – 6:00PM-7:30PM, **BRECKENRIDGE LIBRARY HOPEFUL ROOM**

NOV EXPRESSIVE ARTS SERIES: CHAIRS OF HOPE PART 2

19
TUES

Join us for Part 2 of a Building Hope Community Connectedness Art program where we will paint chairs – a functional symbol of support -- using your ideas to express love, kindness, caring and communication. The chairs will be displayed in pairs of 2 around the county as a place where we can welcome others to sit beside us as a comforting reprieve of the day, in loving support of those we've lost, and in celebration of our community spirit of love and inclusion.

NOV. 19 – 6:00PM-8:30PM, **SILVERTHRONE LIBRARY**

NOV HEALING THROUGH YOGA

20
WED

Trauma can disconnect us from ourselves, our body feeling one way, our mind another. Join Ashley Hughes, a severe trauma survivor and yoga teacher, as she leads a practice tailored to support healing, whether or not you've experienced trauma. Ashley will review postures designed to calm the nervous system and empower the mind as she utilizes a sequence that allows us to practice tuning in to how we really feel and why, ultimately reconnecting the mind and body and returning to a world in which we can thrive.

NOV. 20, 6:00 - 7:30PM, **BRECKENRIDGE LIBRARY**

NOV INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY

23
SAT

We'll begin with a basic yoga session, introducing mindfulness and simple movements to re-establish the connection between mind and body and calm the nervous system. Next, we'll view a documentary that offers a message of growth, resilience and connection, and discuss it as a group. Finally, Building Hope's Expressive Arts program will guide participants through a healing arts exercise, and everyone will leave with their original creation. Join us for a powerful day of connection, understanding and hope through our shared experience.

NOV. 23 – 10:00AM-1:00PM, **SILVERTHORNE LIBRARY**

NOV THANKSGIVING COMMUNITY DINNER AT FATHER DYER CHURCH

28
THURS

Gather for a truly joyous and grateful celebration of our community in the 3rd Annual Thanksgiving Community Dinner, which promises a dose of love and hope with every heaping helping of traditional Thanksgiving fare. All is being made possible by generous support of Mi Casa Restaurant, Father Dyer Church, and dozens of dedicated volunteers.

NOV. 28 – 4:00PM-7:00PM, **FATHER DYER CHURCH, BRECKENRIDGE**



VISIT BUILDINGHOPESUMMIT.ORG FOR MENTAL HEALTH RESOURCES.