

BUILDING HOPE SUMMIT COUNTY

SUPPORT & CONNECT!

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

JULY EVENTS

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

JULY

10&17
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. Tea and snacks will be served at the end.

JULY 10 – 6:00PM-7:30PM, POINT DILLON PARK (401 W. LODGEPOLE ST.) DILLON
(Weather Dependent! Check www.facebook.com/thecommunityyogaproject for updates)

JULY 17 – 6:00PM-7:30PM, Community Kindness Yoga Event: In Memory of Patti Casey. We'll furnish the "Kindness Cards" for you to send to someone you care about. First 10 registrations receive FREE tickets to the July 20 NRO concert. **SOUTH BRANCH (BRECK) LIBRARY OUTDOOR**

JULY

15
MON.

COOKING UP HOPE

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!

6:00PM-9:00PM, COLORADO MOUNTAIN COLLEGE BRECKENRIDGE CAMPUS

JULY

20
SAT.

NATIONAL REPERTORY ORCHESTRA – IN MEMORY OF PATTI CASEY

Please join us for this very special concert, "Tall Tales," performed in memory of community leader Patti Casey and in support of Building Hope Summit County. For discount tickets for the Building Hope community, find the concert event on the BreckCreate.org website and enter Benefit50%.

7:30 PM CONCERT, RIVERWALK CENTER, BRECKENRIDGE

JULY

24
WED.

COMMUNITY QPR MENTAL HEALTH TRAINING/DINNER

Question, Persuade, Refer. The QPR 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 this informative workshop on suicide prevention training. Dinner will be provided.

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

JULY

25
TUES.

RESILIENCY IN TEENS

This training, presented by Alex Yannacone of the Helen and Arthur E. Johnson Depression Center in Boulder, will discuss skills and strategies for building resiliency, creating manageable goals, self-care, and mindfulness exercises. Barriers and obstacles will be identified, as well as how to obtain resources and supports. This session will incorporate story-telling and small group collaboration and discussions.

6:00PM-7:30PM, Mt. ROYAL ROOM, COUNTY COMMONS, FRISCO

JULY

30
TUES.

ARTS EXPRESSION: SELF-LOVE

Join Summit County Creative Arts Facilitator Kathye Conti as she guides us to use words and phrases on canvas in ways that can nurture our Spirits. Each participant will be guided through color, shape and form to incorporate these words into a painting that will be an everyday reminder of how important it is to "Let Our Love Light Shine" for ourselves and everyone to see and experience.

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



VISIT BUILDINGHOPESUMMIT.ORG FOR MENTAL HEALTH RESOURCES.