

# BUILDING HOPE SUMMIT COUNTY

SUPPORT & CONNECT!

## OCTOBER EVENTS

EVENTS REQUIRE ONLINE REGISTRATION  
Register at [www.buildinghopesummit.org/events](http://www.buildinghopesummit.org/events)

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

OCT

2, 16  
WED

### GENTLE 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 and tea and snacks will be served at the end.

OCT. 2 – 6:00PM-7:30PM, **FRISCO COMMUNITY & SENIOR CENTER, HOOSIER ROOM**

OCT. 16 – 6:00PM-7:30PM, **BRECKENRIDGE LIBRARY, HOPEFULL ROOM (DOWNSTAIRS)**

OCT

8  
TUES

### MOCKTAILS AND MENTAL HEALTH NAVIGATION

While navigating our mental health system it's not uncommon to experience barriers and blocks at multiple levels. Building Hope has created a training to help you understand the ins and outs of our system so that you can get community members and clients connected to the right level of care. Come spend one hour with Building Hope and learn some basic tools and information on how to direct clients & community members to the best resources for them.

OCT. 8, 6:00-7:30PM, **SILVERTHORNE LIBRARY**

OCT

12  
SAT

### THE COLORS OF COURAGE: A GUIDED HIKE

Join longtime local and outdoor enthusiast Susie Nothnagel for a guided hike where we'll explore the color palette of nature, discussing the courage and strength we can find together to weather the forces of life. Please wear appropriate clothing/footwear and be prepared to walk up to 2 miles.

OCT. 12 – 10:00AM-11:30AM, **MEET AT B&B LOT ON FRENCH GULCH RD., BRECKENRIDGE**

OCT

17  
THURS

### STRESS MANAGEMENT

This interactive talk focuses on recognizing the function and method of stress and how to understand the essential ways to reduce stress. During this training, participants will learn practical tips and tools to manage stress and change unhealthy habits. Suitable for teens with parents.

OCT. 17 – 6:00PM-7:30PM, **FRISCO SENIOR/COMMUNITY CENTER**

OCT

22  
WED

### HEALTH INSURANCE LITERACY 101: UNDERSTANDING YOUR MENTAL HEALTH BENEFITS

Join FIRC and Building Hope to learn about how to navigate your confusing health insurance benefits. Get a look at the 2020 plans available on individual marketplace. We will be doing a deep dive into mental health benefits! Insurance providers including the new Peak Health Alliance will be there to answer questions about their products. You can't afford to miss it!

OCT. 22, 6:00-7:30PM, **SOS OUTREACH CENTER (110 S. 3rd Ave.), FRISCO**

OCT

19  
THURS

### EXPRESSIVE ARTS: DESIGNING CHAIRS OF HOPE

Join us in 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.

OCT. 29 – 6:00PM-8:30PM, **SILVERTHORNE LIBRARY**



VISIT [BUILDINGHOPESUMMIT.ORG](http://BUILDINGHOPESUMMIT.ORG) FOR MENTAL HEALTH RESOURCES.