

BUILDINGHOPE SUMMIT COUNTY

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

FEBRUARY EVENTS

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

FEB

2

TUESDAY



WOMEN'S CIRCLE

A Women's Circle is a safe and supportive gathering of women to share, express, and reflect with acceptance. This online gathering will include learning through storytelling as we explore a short story together and have time to discuss the meanings in our lives. This workshop is open to women and girls ages 14+

Time: 6-7:30 pm **Location:** Online: [Register for the Zoom Meeting Details](#)

FEB

3

WEDNESDAY



CROSS COUNTRY SKIING AGES 12-20

In collaboration with Breckenridge Outdoor Education Center (BOEC) join us to learn one of the best ways to experience the outdoors in winter. We've created a series of group-oriented cross country sessions where you'll learn to cross country ski, be active, and spend time with your friends. All levels and abilities welcome!

Time: 3:30 pm **Location:** Frisco

FEB

3

WEDNESDAY



AXE THROWING AGES 12-20

Come join MTN AXE staff and learn about one of the most fun and fastest growing sports globally! We have created a series of clinics to teach you all about axe throwing. We start every session with safety, followed by throwing techniques, and we work with each person individually to help you perfect your throws, we practice and will play some games.

Time: 5-6:00pm **Location:** Breckenridge

FEB

4

THURSDAY



LINOCUT PRINTMAKING CLASS AGES 12-20

In collaboration with BreckCreate, this class teaches linoleum block printmaking techniques. Led by Callie Glidden, participants will learn about printmaking materials as well as how to safely use tools to create a finished print by the end of class. This is an in-person event where participants must wear masks and will be screened upon arrival.

Time: 3:30-5:30pm **Location:** Breckenridge

FEB

4

THURSDAY



ENVISION:YOU LGBTQ+ VIRTUAL MEET UP

Envision:You addresses the unique needs LGBTQ+ people have when considering and accessing behavioral healthcare. As members of an often misunderstood minority group, they frequently face discrimination, violence, and poor mental health outcomes. Although it requires great strength and courage, seeking support is one of the most important steps a person with a mental health and/or substance use disorder can take. Envision:You is here to support, educate, and empower LGBTQ+ people in taking that step.

Time: 6-7:30 **Location:** Online: [Register for the Zoom Meeting Details](#)

FEB

9

TUESDAY



GUIDED SNOWSHOE

In collaboration with Go4Graham, enjoy a journey through the forest to connect with your true nature and potential. This event will be an opportunity to get outside with like-minded individuals and create positive conversations to support mental health and well being. Mindful stops along the way for reflection, mindful movement and meditation to help you find clarity, connection and set an intention for the new year.

Time: 10-12 pm **Location:** Breckenridge

FEB

9

TUESDAY



ETCHED GLASSES AGES 12-20

In collaboration with the Frosted Flamingo Mobile Art Studio join us on the 2nd and 4th Tuesday of every month to make unique crafts (that you probably wouldn't make on your own)! This is a great opportunity to create artwork and meet other creative-minded people. All levels are welcome. Keep your finished projects or gift them as a way to pass on the kindness in Summit County!

Time: 3:30-5 pm **Location:** Silverthorne



HYPE Youth Connection



All Ages-Connectedness



Training Class

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FEB

10

WEDNESDAY



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Time: 3:30 pm **Location:** Breckenridge

FEB

11

THURSDAY



SECRETS TO A LESS-STRESSED HUMAN

Join Mike Messeroff for a live training covering simple and practical techniques to live a less-stressed life. We will explore proven techniques to relax your mind, connect with your surroundings, develop healthy relationships, and activate your fullest potential.

Time: 6-7:30 pm **Location:** Online: Register for the Zoom Meeting Details

FEB

16

TUESDAY



EXPRESSIVE ART MATTERS OF THE HEART

"Matters of the Heart" explores our relationship with ourselves and others. Led by Kathye Conti, let creativity be your guide as you will be led to create a drawing using both hands at the same time. All you need is a pencil, paper, crayons, markers and whatever other materials you have access to at home. Keep it simple as this is about the process!

Time: 6-7:30 pm **Location:** Online: Register for the Zoom Meeting Details

FEB

17

WEDNESDAY



AXE THROWING AGES 12-20

Come join MTN AXE staff and learn about one of the most fun and fastest growing sports globally! We have created a series of clinics to teach you all about axe throwing. We start every session with safety, followed by throwing techniques, and we work with each person individually to help you perfect your throws, we practice and will play some games.

Time: 5-6 pm **Location:** Breckenridge

FEB

18

THURSDAY



LIFE DRAWING AGES 12-20

In collaboration with BreckCreate, learn about life drawing. While we will be drawing from life, our focus will not be on realistic replication, but on expressive mark making through gestural drawing and doodling. We will explore different types of drawing tools and techniques, how our emotions and thoughts come through our mark making, and will do exercises to loosen up and allow our creative spirits to express freely.

Time: 3:30-5 pm **Location:** Breckenridge

FEB

18

THURSDAY



YOGA FOR MENTAL HEALTH

Yoga helps clear the mind, offers calm and healing and helps unite communities. Join Leslie Glenn 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.

Time: 6:15-7:30 pm **Location:** Silverthorne

FEB

19

FRIDAY



THE HYPE MOVIE NIGHT AGES 12-20

In collaboration with YESS, enjoy a free night at the movies with your friends! We're renting out a theater and you get to watch a movie with your friends in a physical distance-friendly environment. Snacks and drinks will be an additional cost of \$8.50 for a small popcorn, soda and candy. Movie starts at 7pm. *Attendance limited at this in-person event. The movie shown will be announced closer to the event date.

Time: 6:45 pm **Location:** Dillon



HYPE Youth Connection



All Ages-Connectedness



Training Class

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FEB

23

TUESDAY



TRUCKER HATS AGES 12-20

In collaboration with the Frosted Flamingo Mobile Art Studio join us on the 2nd and 4th Tuesday of every month to make unique crafts (that you probably wouldn't make on your own)! This is a great opportunity to create artwork and meet other creative-minded people. All levels are welcome. Keep your finished projects or gift them as a way to pass on the kindness in Summit County!

Time: 3:30-5 pm **Location:** Silverthorne

FEB

25

THURSDAY



LETTERS OF HOPE

Join Leslie for a letter writing and journaling workshop to connect us with hope, community and compassion. Writing letters is a powerful way to be present with our thoughts, emotions, reflect and connect. We will explore centering practices of meditation and journaling to help us find our voice and then write letters to honor ourselves, our loved ones and collective kindness.

Time: 6-7:30 pm **Location:** Online: Register for the Zoom Meeting Details

MAR

3

WEDNESDAY



CROSS COUNTRY SKIING AGES 12-20

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Time: 2:30 pm **Location:** Frisco

MAR

3

WEDNESDAY



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