

BUILDING HOPE SUMMIT COUNTY

SUPPORT & CONNECT!

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

JUNE EVENTS

All Events Require RSVP. Sign Up at BuildingHopeSummit.org/Events

JUNE

3/17
Weds

Community Yoga

Yoga helps clear the mind, offers calm and healing and helps unite communities. Join Leslie Glenn and Amy Sabreen for these programs designed to create an open, safe place for anyone who wants to stretch, breathe and experience a sense of community, connection and healing.

June 3 & June 17 – 6:00pm-7:00pm, [VIRTUAL \(Join Us On our Facebook Page\)](#)

JUNE

10
Weds

Prevención de Suicidio: QPR

La misión QPR/PPR (Question/Preguntar / Persuadir / Refer) es reducir los comportamientos suicidas y salvar vidas al proporcionar capacitación innovadora, práctica y comprobada para la prevención del suicidio. Creemos que la educación de calidad capacita a todas las personas, independientemente de sus antecedentes, para marcar una diferencia positiva en la vida de alguien que conocen. Únase a nosotros para una noche informativa de capacitación sobre prevención del suicidio

June 10 – 6:00pm-7:30pm, [Enlace de Zoom disponible después del registro](#)

JUNE

11
Thurs

Question/Persuade/Refer: Training to Prevent Suicide

The QPR (Question/Persuade/Refer) 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 an informative night of suicide prevention training.

June 11 – 6:00pm-7:30pm, [VIRTUAL \(Zoom information Available after RSVP\)](#)

JUNE

25
Thurs

Therapeutic Gardening: Planting Seeds of Change

Are you feeling like it is time to plant seeds of change in your life? Is it time to let go and compost that which is no longer serving you? Have you been exploring the question of how to increase thriving in your life? Lean into these answers in a therapeutic garden setting amidst community. During the event, each participant will have the opportunity to plant their own set of seeds, engage in purposeful self-reflection through gardening and journaling activities, and learn a sensory-based mindfulness skill. Bring a journal and a pen. THIS IS AN IN-PERSON EVENT. REGISTRATION STRICTLY LIMITED TO 8 PEOPLE; PARTICIPANTS MUST WEAR MASKS.

June 25 – 6:00pm-7:30pm, [In-Person Event in Silverthorne; Location Provided After Registration](#)

JUNE

30
Tues

Expressive Art: Life is the Art of Drawing without an Eraser

In life, there are no mistakes; only experiences. The same is true for drawing so there is no need for an eraser! Drawing can be a stress reliever, relaxing, meditative and fun. Learn the process of creating a “Zentangle,” which teaches us to become comfortable letting our instincts be in control. You don’t need to know how to draw or what you are going to do next as the process will take you there. Join us for this at-home workshop with Kathye Conti. All you need is a piece of paper, a pencil or pen, or markers.

June 30 – 6:00pm-8:00pm, [VIRTUAL \(Zoom information Available after RSVP\)](#)

BUILDING
HOPE
SUMMIT COUNTY


The Summit Foundation
Soul of the Summit

The Patti Casey
Memorial Fund


COLORADO
MOUNTAIN COLLEGE

 FIRC Family & Intercultural
Resource Center

Like us on Facebook for Additional Virtual Connectedness Events and Resources throughout the Month @BuildingHopeSummitCounty & Building Hope Summit County en Español - Seamos Imperfectos Juntos

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