

# BUILDINGHOPE SUMMIT COUNTY SUPPORT & CONNECT!

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

## APRIL EVENTS

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

APRIL

### Expressive Art: I Am/We Are

14  
TUES

In this class we will explore who we are. Individuals, couples and families will be guided to participate creating a piece of art work using their hands that describes who they are as individuals and in relationship to others. All you need is paper, pencils, pens, crayons, paints or whatever you may have around your home and a willingness to explore your creative spirit!

Apr 14 – 6:00pm-8:00pm, VIRTUAL (Zoom information Available after RSVP)

APRIL

### At-Home Massage: Roll & Restore

16  
THURS

Physical touch is limited these days - what better time to learn how to give yourself a massage! These self-care practices will help you to feel physically and mentally at ease, allowing both body and mind to work (and rest!) more efficiently. All you will need for this class is the materials to make a "peanut": a single sock & two tennis balls (lacrosse balls or any balls of similar size also work), then a yoga block if you have one (can also use a large book, small box, or something to create a flat platform). Requests welcome!

Apr 16 – 6:00pm-6:45pm, VIRTUAL (Zoom information Available after RSVP)

APRIL

### Joy of Reading: A Journey to a Better You Through Self-Help Books

22  
WEDS

Addressing life's challenges can be uniquely personal, but sharing those challenges can alleviate fears. Reading provides perspective about the commonality of human dilemmas. Self-Help books can guide new approaches in problem solving, rejuvenation, and self-care time. Join Sara Broughton of Pathways Recovery Coaching for a cozy night sampling great books in a book club-style event with discussion and suggestions.

Apr 22 – 6:00pm-7:00pm, VIRTUAL (Zoom information Available after RSVP)

APRIL

### Expressive Art: Find Your Motivational Message

28  
TUES

What does your Heart Desire? In this class we will explore the universal laws of creative manifestation to create a piece of artwork that supports your heart's desires. All you need is paper, pencils, pens, crayons, or paints. If you have glue, a glue stick, or pictures from the internet that can be printed out or pictures from magazines that reflect your dreams you may use those. Bring whatever you have around your home and a willingness to explore your creative spirit.

Apr 28 – 6:00pm-8:00pm, VIRTUAL (Zoom information Available after RSVP)

APRIL

### Vicarious Trauma: The Unintentional Cost of Caring

30  
THURS

How are you protecting yourself from the "cost of caring" for others? Vicarious trauma is the emotional residue of exposure affecting counselors and other providers (emergency service workers and ski patrollers, etc.) who hear trauma stories and become witnesses to the pain, fear, and terror that trauma survivors have endured. Join Alex Yannacone, Director of Education and Community Programs at the Helen & Arthur E. Johnson Depression Center, as she leads an interactive talk to understand the process of vicarious trauma while recognizing the signs and symptoms associated.

Apr 30 – 6:00pm-7:30pm, VIRTUAL (Zoom information Available after RSVP)

**More Events, Content and Resources Available on Facebook**