

BUILDING HOPE SUMMIT COUNTY

SUPPORT & CONNECT!

DECEMBER EVENTS

EVENTS REQUIRE ONLINE REGISTRATION
Register at <https://buildinghopesummit.org/events>

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

DEC

4

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.

DEC. 4 – 6:00PM-7:30PM, **FRISCO COMMUNITY & SENIOR CENTER, HOOSIER ROOM**

DEC

5

THU

GRIEF DURING THE HOLIDAYS: SURVIVING AND EVEN THRIVING

Wondering what to do with yourself at a time of year when everyone around you seems happy and you are feeling grief? Join Loren Pierce Coleman to discover how to go beyond pretending and learn some helpful information and strategies to help you integrate your life losses, mourn authentically, and find meaningful connections with others.

DEC. 5 - 6:00PM-7:30PM, **BRECKENRIDGE LIBRARY**

DEC

10

TUES

THE ALCHEMISTS' WRITING WORKSHOP

The holiday lights are up, the snow is gently falling, the air filled with joyous melody, but somehow you're just not feeling the spirit. Well, you're not alone, and you're not without strategies to cope. Sometimes a change of perspective can work wonders. The power of the words we use with ourselves and others helps shape our daily reality. When we choose deliberately and consciously, we can move from being victims of circumstance to engaged creators of our lives. In this writing workshop we will explore how simple shifts in perspective -- how reframing certain words and phrases can change how we remember personal experiences and positively shape new ones. Sharing, networking and light snacks afterwards.

DEC. 10 -- 6:00PM-8:00PM, **FRISCO COUNTY COMMONS, BUFFALO MTN. ROOM**

DEC

11

WED

BLUE CHRISTMAS: EMBRACING THE LIGHT AND DARK

Many find the holiday season just plain blue. Some feel sorrow and pain rather than joy and celebration. Join us to reflect on what it means to hold darkness and light together; what it takes to acknowledge pain and emptiness -- and in the midst, how to find hope and community. Participants will have the opportunity to engage in practices --including meditation, poetry, artistic expression, sharing experiences of grief and more -- that may help them move through difficult times.

DEC. 11 -- 6:00PM-7:30PM, **FRISCO SENIOR/COMMUNITY CENTER**

DEC

18

WED

GENTLE COMMUNITY YOGA

Join us for our second monthly yoga class with Leslie Glenn and Amy Sabreen. Take an hour during the busy holiday season to relax, stretch, breathe and connect with others. All ages and levels are welcome and tea and snacks will be served at the end.

DEC. 18 – 6:00PM-7:30PM, **BRECKENRIDGE LIBRARY**



VISIT BUILDINGHOPESUMMIT.ORG FOR MENTAL HEALTH RESOURCES.