

BUILDING HOPE SUMMIT COUNTY

SUPPORT & CONNECT!

STRUGGLE.
SHARE.
HEAL.

All events are FREE; all are welcome!

APRIL EVENTS:

ALL EVENTS REQUIRE ONLINE REGISTRATION

Register at www.buildinghopesummit.org/events

APRIL

SUICIDE PREVENTION + COMMUNITY DINNER

16
TUES

Join Building Hope on an educational evening to learn to save a life! Learn to see the signs of someone in mental health crisis and how you can help through Building Hope's suicide prevention training called QPR (Question, Persuade and Refer). The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. Individuals who attend this event will learn to be gatekeepers to suicide prevention, as well as tips, tricks and tools to help friends and loved ones in crisis. **Dinner will be provided**

6:15 - 7:45PM - BRECKENRIDGE PUBLIC LIBRARY

APRIL

COMMUNITY YOGA

17
WEDS

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 in and tea and snacks will be served at the end.

6-7:30PM - BRECKENRIDGE PUBLIC LIBRARY

APRIL

HOPEFUL LIVES: Living w/ addiction, depression, purpose & recovery

27
SAT

Join Building Hope for an evening with four perfectly imperfect people – a professional skier, a recovery entrepreneur, a mental health advocate and a college professor. Meet free-style skier Nick Goepper, a two-time Olympic Medalist and five-time Winter X Games medalist; Ian Acker, the Founder and Executive Director of Fit To Recover, a Salt Lake City gym/community center for people in recovery from substance misuse; Betsy Casey, program manager and a driving force behind Building Hope Summit County; and Drew Mikita, associate professor of Social Sciences at CMC Breckenridge.

6-8PM BRECKENRIDGE CMC AUDITORIUM Please RSVP at tinyurl.com/y6cke7d9

APRIL

BUILDING A BETTER MENTAL HEALTH STRATEGY TOGETHER

29
MON

SOLVISTA will discuss how major shifts in policy, funding and technology are impacting the delivery of mental health and substance use treatment services in Colorado. Most importantly, Brian will be seeking feedback and a productive conversation to help he and his staff at Solvista Health, Lake County's community mental health center, to best support local needs.

6:30-7:30PM AMAX ROOM, LAKE COUNTY PUBLIC LIBRARY

APRIL

EXPRESSIVE ART: "Create a Community Butterfly"

30
TUES

Butterflies are a symbol of change and rebirth. Utilizing different papers, canvas, paints and collaging materials we will create a large set of butterfly wings. After the wings are decorated, each participant will write something on a section of a wing that they would like to let go of and release to the universe. The wings will then be displayed somewhere in the community so anyone can stand in front of the wings to have their picture taken.

6-8:30 PM BUFFALO ROOM, FRISCO COUNTY COMMONS

