

# BUILDINGHOPE SUMMIT COUNTY

Visit [BuildingHopeSummit.org](http://BuildingHopeSummit.org) for information about mental health resources and navigating support services in Summit County.

## JUNE EVENTS

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

JUNE

1

TUESDAY



### POETRY CIRCLE

Please join us for an evening of poetry! The Poetry Circle is a safe space for us to connect through writing. Poems have long been an expression of ideas and emotions, and sharing can provide benefits to your mental health and connection to others. Each person will have a chance to share what inspired them to write and/or read their selected poems with the group, and we will have time to reflect and share as a group after each reading what resonated with us.

**Time:** 6:00 pm **Location:** Online-Register for Zoom Details

JUNE

2

WEDNESDAY



### HYPE WOVEN PENCIL HOLDER AND PENCIL TOPPER AGES 12-20

In collaboration with Frosted Flamingo, hone your weaving skills on a DIY loom and create a 4th of July themed pencil holder. Then create a funny creature pencil topper to place in your new container.

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

JUNE

3

THURSDAY



### WOOD BURNED COASTERS

Join The Frosted Flamingo for a smokin' hot craft session! Participants will learn how to use a wood-burning tool, and engrave text or designs into 4 aspen coasters. No artistic experience required and all ages welcome.

**Time:** 6:00 pm **Location:** Silverthorne

JUNE

8

TUESDAY



### ROCK CLIMBING AGES 12-20

After instruction from BOEC staff you will spend the day Rock Climbing and enjoying the views of Lake Dillon while we climb. This area provides climbing opportunities for both first time climbers seeking confidence and basic skills up to more experienced climbers looking to step up their outside climbing skills.

**Time:** 1:00 pm **Location:** Swan Mountain

JUNE

10

THURSDAY



### CONNECTEDNESS CONVERSATION: BURNOUT

Burnout has long been studied in professional settings, but experts are realizing that we can also experience parental burnout, caregiver burnout, and most recently, pandemic burnout. Join Jane Thatcher Hahn of Grit Therapy for a presentation and guided discussion about identifying, preventing, and addressing burnout in a range of settings. We will discuss concrete solutions for managing stress to help avoid the physical and mental health consequences of chronic burnout. All participants will have a chance to reflect on their own level of burnout and set goals for making positive changes in their lives.

**Time:** 6:00 pm **Location:** Online-Register for Zoom Details

JUNE

15

TUESDAY



### KAYAK ADVENTURE AGES 12-20

The HYPE, Building Hope's Youth Connection Program, and Breckenridge Outdoor Education Center (BOEC) present an opportunity to get out on the water and connect with your friends. Following a short orientation we will head out on the water for a relaxing, beautiful and fun paddle.

**Time:** 9:00 am **Location:** Lake Dillon

JUNE

15

TUESDAY



### EXPRESSIVE ART

Join Expressive Artist Kathye Conti to explore the role art plays in promoting personal well-being and connectedness. Shine the Light for all to See!

**Time:** 6:00 pm **Location:** Silverthorne



HYPE Youth Connection



All Ages-Connectedness



Training Class

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22

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### SOUND HEALING

The element of Sound: it runs through every facet of our life. Our bodies are made up of vibrations and frequency all the way down to the movement of our cells. It is no wonder that the journey of a sound bath brings our bodies back into a homeostatic state, nourishing our blood flow & our nervous system to enter into deep relaxation. This flow in our bodies also stimulates our energy lines, breaking through blocks, moving stagnation & uprooting old patterns that no longer serve us.

**Time:** 6:00 pm **Location:** Silverthorne

JUNE

23

WEDNESDAY



### ROPES COURSE AGES 12-20

After instruction from BOEC staff you will go out on our two-story multi-event ropes course located in the woods of our 39 acres in Breckenridge. We will have a rappel and zipline for you to try as well. Come hang out in the trees and challenge yourself!

**Time:** 9:00 am **Location:** Breckenridge

JUNE

29

TUESDAY



### GENTLE COMMUNITY YOGA-FINDING BALANCE

Yoga helps clear the mind, offers calm and healing and helps unite communities. Join Leslie Glenn for this outdoor one-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.

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

JUNE

30

WEDNESDAY



### FURRY FRIEND FASHIONS AGES 12-20

In collaboration with the Frosted Flamingo Mobile Art Studio ages 12-20 are invited 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. This week you'll stamp a personalized dog tag for a furry friend, then weave a matching collar.

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



HYPE Youth Connection



All Ages-Connectedness



Training Class