

# BUILDINGHOPE SUMMIT COUNTY

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

## DECEMBER EVENTS

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

DEC

2

THURSDAY



### STRENGTH AND MINDFUL MOVEMENT-TRX

TRX Suspension Training allows you to perform exercises that build emotional and physical strength, endurance, balance, coordination, flexibility, power and core stability. This 1 hour class is self-paced intensity and may include additional equipment as the sessions progress, this will be followed by a 30 minute mindfulness conversation. Ages 14 and up. *Event Facilitated in English.*

**Time:** 4-5:30 pm **Location:** Breckenridge

DEC

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SUNDAY



### HOT YOGA IN SPANISH

Our teacher will guide you to perform different postures that will help you to strengthen your body, improve your breathing and relax your mind. All people over 16 years of age are welcome. This is an all levels class and yoga mats can be provided. *Event Facilitated in Spanish.*

**Time:** 6:00-7:00 pm **Location:** Frisco

DEC

7

TUESDAY



### HYPE METALSMITHING AGES 12-18

Join the HYPE at BreckCreate to learn how to metalsmith and create your own projects! Participation limited to Summit County residents ages 12-18. Per BreckCreate Policy, participants between 12-17 must either show proof of vaccination or wear a mask for the duration of the event. Participants aged 18 must be vaccinated. *Event Facilitated in English.*

**Time:** 3:30-5:00 pm **Location:** Breckenridge

DEC

9

THURSDAY



### 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 can bring 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. Please bring a yoga mat, blanket, comfy clothing, and anything else you may want during this sound bath experience. Participants must wear masks. *Event Facilitated in English.*

**Time:** 6-7:30 pm **Location:** Silverthorne

DEC

10

FRIDAY



### HYPE MOVIE NIGHT AGES 12-18

In collaboration with YESS and UpRise, enjoy a free night at the movies with your friends! We're renting out a theater and you get to watch a movie with your friends in a physical distance-friendly environment. Drinks, popcorn, and/or candy for all attendees! Masks are required. *Event Facilitated in English.*

**Time:** 7:00-9:00 pm **Location:** Dillon

DEC

10

FRIDAY



### HOLIDAY DECORATIONS

Building Hope, together with Frosted Flamingo, invites you to participate in a FREE winter crafts class to decorate your home. Frosted Flamingo provides a fun and unique way to express yourself. Bring your creative mind! The event is for all ages; children are welcome. *Event Facilitated in Spanish.*

**Time:** 5:30-7pm **Location:** Silverthorne



HYPE Youth Connection



All Ages-Connectedness



Training Class

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MONDAY



### MINDFULNESS TRIVIA AT RMU

Meet us upstairs at Rocky Mountain Underground (RMU) for Mindfulness Trivia Night benefitting Building Hope!! Bring your friends and show your smarts while you enjoy some amazing cocktails/mocktails for BH! Teams can be 1-4 people participating in 3 rounds of 6-question trivia. Prizes for the top three teams. *Event Facilitated in English.*

**Time:** 6-8 pm **Location:** Breckenridge

DEC

14

TUESDAY



### WOMEN'S CIRCLE

A Women's Circle is a safe and supportive gathering of women to share, express, and reflect with acceptance. This online gathering will include learning through storytelling as we explore a short story together and have time to discuss the meanings in our lives. We will open discussion with each other, learn grounding practices, and will conclude with a restful and nourishing gentle movement practice. This workshop is open to women and girls ages 14+. *Event Facilitated in English.*

**Time:** 6-7:30pm **Location:** Online-Register for Zoom Details

DEC

15

WEDNESDAY



### HYPE WELDING AGES 12-18

Join the HYPE at BreckCreate to learn how to weld and create your own projects! Participation limited to Summit County residents ages 12-18. Per BreckCreate Policy, participants between 12-17 must either show proof of vaccination or wear a mask for the duration of the event. Participants aged 18 must be vaccinated to attend. *Event Facilitated in English.*

**Time:** 3-5 pm **Location:** Breckenridge

DEC

15

WEDNESDAY



### ZUMBA EN ESPANOL

Building Hope invites you to participate in a FREE Zumba class in Spanish. Zumba is an exercise routine combined with dance and music. Zumba helps to maintain a healthy body and develop, strengthen and give flexibility to the body. Open to all people over 18 years of age. *Event Facilitated in Spanish.*

**Time:** 6-7:30 pm **Location:** Silverthorne

DEC

16

THURSDAY



### GENTLE COMMUNITY YOGA- FINDING EMOTIONAL BALANCE

Yoga helps clear the mind, offers calm and healing and helps unite communities. Join Leslie Glenn 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 are welcome to join. Participants must wear masks. *Event Facilitated in English.*

**Time:** 6-7:30 pm **Location:** Breckenridge



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