

BUILDINGHOPE SUMMIT COUNTY

Visit 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

JUNE

1

WEDNESDAY



ART IN THE PARK

Frosted Flamingo Mobile Art Studio invites you to a string art class! Come make a unique craft that you probably wouldn't make on your own. This is a great opportunity to create artwork and meet other creative-minded people. All skill levels and ages are welcome. Keep your finished projects or gift them as a way to pass on the kindness in Summit County! *Event Facilitated in English and Spanish.*

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

JUNE

2

THURSDAY



MOUNTAIN BIKING AGES 12-18

Come join the HYPE + Youth and Family Services for mountain biking with The Cycle Effect! All genders and skill levels aged 12-18 are encouraged to join. The Cycle Effect will provide mountain bikes and helmets, and students will be split by biking goals. Pizza will be served directly following bike riding.

Event Facilitated in English and Spanish.

Time: 10am-noon **Location:** Frisco

JUNE

4

SATURDAY



FIT TO RECOVER CROSSFIT CLASS

Join fellow community members in recovery for a one-hour class specifically designed to create a safe place for connection and physical wellness. This program features bodyweight movements, cardio and weights. No experience necessary and newcomers are always welcome. *Event Facilitated in English.*

Time: 12-1 pm **Location:** Frisco

JUNE

7

TUESDAY



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. *Event Facilitated in English.*

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

JUNE

8

WEDNESDAY



ZUMBA

Zumba is an exercise routine combined with dance and music, it helps to maintain a healthy body and on the other to develop, strengthen and give flexibility to the body. *Event Facilitated in English and Spanish.*

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

JUNE

9

THURSDAY



SKATEBOARDING AGES 12-18

Take a free Skateboarding class at the Silverthorne SkatePark; all levels are welcome. We'll provide a skateboard, helmet and pads, but feel free to bring your own. *Event Facilitated in English.*

Time: 12:30-2:30 pm **Location:** Silverthorne

JUNE

11

SATURDAY



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Time: 12-1 pm **Location:** Frisco



HYPE Youth Connection



All Ages-Connectedness



Training Class



Fundraiser



Fit to Recover

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MONDAY



MINDFULNESS HIKE

Enjoy the beauty of our county and immerse yourself in the healing powers of nature on this half-day excursion. We will pause along the way to reflect, connect and create meaningful conversations centered in mental health and well being. Learn healthy, creative tools to support ourselves and each other during our seasons of change. *Event Facilitated in English.*

Time: 9am-noon **Location:** Silverthorne

JUNE

14

TUESDAY



INSANITYLIVE FITNESS AND NUTRITION

Exercise and healthy eating support both physical and mental health. Join us for a 45-minute High Intensity Interval Bodyweight Training (HIIT) routine called InsanityLive. Afterwards, we will talk about nutrition tips that can support mental and physical well-being. *Event Facilitated in English and Spanish.*

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

JUNE

16

THURSDAY



WHAT IS PSYCHEDELIC PSYCHOTHERAPY?

Join Hannah Buzzo (LPC & LAC) to learn more about what some are calling the new "psychedelic revolution" as more research using medicines to treat mental health issues becomes mainstream. This is great news for some who see the possibility of more accessibility, but it won't work for everyone. We will also explore how this exposure has created some myths and misconceptions. *Event Facilitated in English.*

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

JUNE

17

FRIDAY



PICKLEBALL AGES 12-18

Join the HYPE and Silverthorne Recreation Center to learn a new sport. Pickleball is a combination of tennis, ping-pong, and badminton that is played on a court about one-third the size of a tennis court. Participation limited to Summit County residents ages 12-18. *Event Facilitated in English.*

Time: 10am-noon **Location:** Silverthorne

JUNE

18

SATURDAY



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Time: 12-1 pm **Location:** Frisco

JUNE

22

WEDNESDAY



EXPRESSIVE ART: ART AND MOVEMENT

Join Expressive Artist Kathye Conti to explore the role art plays in promoting personal well-being and connectedness. In "Art and Movement" we will draw with our eyes closed following the music to create a scribble drawing. Then with open eyes, we will continue following our intuition using markers and paints to complete our masterpiece. *Event Facilitated in English.*

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

JUNE

23

THURSDAY



MENTAL WELLNESS MEDITATION

Join Ravi for an immersive experience of the body, mind and heart in this simple group meditation that will provide much needed time to check-in and space for self-care. Develop deep self-connection through a simple but profound practice that will bring soothing relief and vibrance to your day-to-day experience. *Event Facilitated in English.*

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



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Time: 12-1 pm **Location:** Frisco

JUNE

28

TUESDAY



MOUNTAIN BIKING FOR WOMEN

Building Hope joins The Cycle Effect inviting adult women to participate in a free beginner-level Mountain Biking class to explore nature in a unique and fun way. We provide bicycles and helmets; you just need to bring comfortable clothes. Ages 25+. *Event Facilitated in English and Spanish.*

Time: 5:40-8:00 pm **Location:** Dillon

