

BUILDINGHOPE SUMMIT COUNTY

Visit BuildingHopeSummit.org for information about mental health resources and navigating support services in Summit County.

AUGUST EVENTS

EVENTS REQUIRE ONLINE REGISTRATION Register at www.buildinghopesummit.org/events

AUGUST

4

THURSDAY



MOUNTAIN BIKING AGES 12-18

Come join the HYPE and Youth and Family Services for mountain biking with The Cycle Effect! All genders and skill levels ages 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. *Event Facilitated in English.*

Time: 10 am-12:30 pm **Location:** Dillon

AUGUST

6

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

AUGUST

8

MONDAY



ZUMBA

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

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

AUGUST

9

TUESDAY



KAYAK AGES 12-18

The HYPE and Breckenridge Outdoor Education Center (BOEC) present an opportunity for ages 12-18 to get out on the water and connect with your friends. Following a short orientation we will head out on the waters of Dillon Reservoir for a relaxing, beautiful and fun kayak. *Event Facilitated in English.*

Time: 10 am-1:30 pm **Location:** Frisco

AUGUST

13

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

AUGUST

16

TUESDAY



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 use paint markers and other colorful tools while listening to music. We will follow the sound in color, shape and form to create our own individual masterpiece. *Event Facilitated in English.*

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

AUGUST

17

WEDNESDAY



JIU-JITSU CLASS AGES 12-18

Jiu jitsu increases strength and flexibility, improves cardiovascular fitness and leads to a state of "runner's high" through the release of endorphins and other "feel good" hormones. Over time, these adaptations can rebalance stress physiology and restore the dopaminergic (rewards) system in the brain. While self-defense is the most obvious ability gained from jiu jitsu, the confidence that one gains from the activity can be applied to all aspects of life. *Event Facilitated in English.*

Time: 4:30-6 pm **Location:** Dillon



HYPE Youth Connection



All Ages-Connectedness



Training Class



Fundraiser



Fit to Recover

BUILDINGHOPE SUMMIT COUNTY

Visit BuildingHopeSummit.org for information about mental health resources and navigating support services in Summit County.

AUGUST EVENTS

EVENTS REQUIRE ONLINE REGISTRATION Register at www.buildinghopesummit.org/events

AUGUST

20

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

AUGUST

21

SUNDAY



MENTAL HEALTH NAVIGATION IN SPANISH

Have you ever had trouble finding the right help in times of trouble or knowing which resource is right for you? Finding the right provider to meet our mental health needs is not easy. It is not uncommon to find barriers accessing the health system. Building Hope has created a one hour training course to help understand how to access the system in a simple way. *Event Facilitated in Spanish.*

Time: 12-1:30 pm **Location:** Agape Outpost Chapel

AUGUST

22

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: 9 am-12 pm **Location:** Frisco

AUGUST

26

FRIDAY



AFTERNOON MOVIE AGES 12-18

In collaboration with YESS and UpRise, enjoy an afternoon movie with your friends! We're renting out a theater and you get to watch a movie with your friends. *Event Facilitated in English.*

Time: 4:30-6:00 pm **Location:** Dillon

AUGUST

27

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

AUGUST

30

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 pm **Location:** Dillon

