NOVEMBER EVENTS

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

**SALSA LESSON**
Let’s celebrate life by learning to dance salsa. No experience necessary; just have fun and express yourself through music. Everyone aged 16+ is welcome. *Facilitated in English and Spanish.*

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

**ART WITH MS. FISHER AGES 12-18**
Join the HYPE with Ms. Fischer to learn how to create your own projects! Participation limited to Summit County residents ages 12-18. *Event Facilitated in English.*

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

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

**YOGA ON THE WALL**
This semi-private class utilizes the yoga wall, props and straps to create space, lengthen, strengthen and rejuvenate your whole being. Class begins with focused breath awareness and gentle movement, works up to longer holds supported by the yoga wall and ends with restorative poses for relaxation. Open to ages 18+. *Event Facilitated in English.*

**Time:** 8:45-10am  **Location:** Frisco

**MENTAL HEALTH FIRST AID**
Learn how to help someone experiencing a mental health or substance challenge. Participants learn to recognize risk factors, warning signs, and strategies for helping in both crisis and non-crisis situations. This is a two day training; you must also attend Thursday, November 10 9am-2pm in order to receive your certification. Open to ages 18+. *Facilitated in English and Spanish.*

**Time:** 9am-2pm  **Location:** Frisco

**AFTER SCHOOL STUDY SKILLS + ART AGES 12-18**
Teen Tutoring and Study Skills Development Class with Colorado Learning Center (CLC) followed by Arts and Crafts with Frosted Flamingo. Pizza will be served at this event sponsored by The HYPE, Mountain Mentors, and Summit County Youth and Family Services. *Facilitated in English and Spanish.*

**Time:** 4-6pm  **Location:** Summit County Teen Center

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

Visit BuildingHopeSummit.org for information about mental health resources and navigating support services in Summit County.
EXPRESSIVE ART
Join Building Hope in a community connectedness Expressive Art Class “Matters of the Heart”. You will be facilitated by Kathye Conti to create a personal piece of artwork that reflects your thoughts, dreams, desires and what you are grateful for. We will use simple materials you have available at home. Event Facilitated in English.
Time: 6-8pm  Location: Online

ART WITH MS. FISHER AGES 12-18
Join the HYPE with Ms. Fischer to learn how to create your own projects! Participation limited to Summit County residents ages 12-18. Event Facilitated in English.
Time: 3-5pm  Location: Breckenridge

HYPE STUDY SKILLS + MOVIE NIGHT AGES 12-18
Teen Tutoring and Study Skills Development Class with Colorado Learning Center (CLC) followed by a HYPE Movie Night. Register for one or both sessions. Transportation will be provided between Teen Center and Skyline Cinema 8 where snacks will be served. Sponsored by The HYPE, Mountain Mentors, and Summit County Youth and Family Services. Event Facilitated in English and Spanish.
Time: 4-8:30pm  Location: Summit County Teen Center

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: 12-1pm  Location: Frisco

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: Frisco