

BUILDINGHOPE SUMMIT COUNTY

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

MARCH EVENTS

EVENTS REQUIRE ONLINE REGISTRATION: www.buildinghopesummit.org/events

MARCH

2

THURSDAY



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

MARCH

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

MARCH

5

SUNDAY



FAMILY SNOWSHOE

Friends of Dillon Range District (FDRD) want to give you an experience in the snow with your whole family!! Enjoy an experience in the snow. *Facilitated in English and Spanish.*

Time: 1-3pm **Location:** Frisco

MARCH

11

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

MARCH

13+14

MONDAY +
TUESDAY



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 both days in order to receive your certification. Open to ages 18+. *Facilitated in Spanish.*

Time: 5:30-8:30pm **Location:** Silverthorne

MARCH

17

FRIDAY



HYPE MOVIE NIGHT AGES 12-18

In collaboration with YESS, enjoy a free day at the movies with your friends! We're renting out a theater and you get to watch a movie with your friends in a friendly environment. The movie starts at 6:30 pm and snacks will be provided! Presented Free of Charge by our Generous Sponsors for Summit County Residents Only. *Event Facilitated in English.*

Time: 6:30-9:30pm **Location:** Dillon

MARCH

18

SATURDAY



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



HYPE Youth Connection



All Ages-Connectedness



Training Class



Fundraiser



Fit to Recover

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MARCH

22

WEDNESDAY



ECSTATIC DANCE

Join us for an unforgettable journey of self-expression through movement! Ecstatic Dance is an opportunity to let go of all inhibitions and lose yourself in the music. With a curated selection of upbeat and uplifting tunes, our dance floor will become a sanctuary for you to let loose, move your body, and connect with others. No experience required, just an open heart and a willingness to let go and have fun.. *Event Facilitated in English.*

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

MARCH

25

SATURDAY



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

MARCH

26

SUNDAY



SNOW TUBING AGES 12-18

The Frisco Adventure Park tubing hill has several lanes, each one has a different experience – some are mellow, while others are steeper with more rolling terrain. The hill is accessed by a surface lift, making it the ideal activity for the whole family. Presented by Summit County Youth and Family Services, the Teen Center, and Building Hope for Summit County Resident Teens. *Event Facilitated in English.*

Time: 10-11:30pm **Location:** Frisco

MARCH

29

WEDNESDAY



MOODY OR MORE? MENTAL HEALTH AWARENESS WEBINAR FOR PARENTS

This event features Dr. Aimee Sullivan, PhD and Licensed Clinical Psychologist at the Helen and Arthur E. Johnson Depression Center on the University of Colorado Anschutz Medical Campus. The talk aims to help parents recognize the difference between typical mood experiences in youth and more concerning indicators of possible bipolar disorder, and offers tools and tips to help those who have a child with bipolar disorder. *Event Facilitated in English.*

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

MARCH

30

THURSDAY



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