

BUILDINGHOPE SUMMIT COUNTY

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

MAY EVENTS

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

MAY

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WEDNESDAY



PFX CLASS POWERED BY PSYFI

Experience a revolutionary group fitness class that combines Psychology and Neuroscience training with a HIIT workout, breathwork, and meditation. Participation limited to 18+. *Facilitated in English.*

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

MAY

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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. *Facilitated in English.*

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

MAY

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THURSDAY



AXE THROWING AGES 12-18

Come join us at the new Thrashin Axes and learn about one of the most fun and fastest growing sports in the world! Participation limited to ages 12-18. *Facilitated in English.*

Time: 4:30-5:40pm **Location:** Frisco

MAY

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WEDNESDAY



BILINGUAL YOGA

Strengthen the heart, body and mind. Join us for a relaxing session of Yoga! Participation limited to ages 16+. *Facilitated in English and Spanish.*

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

MAY

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SUNDAY



COOKING AT SOUPZ ON

Whether you are a master chef or just looking to pick up a new recipe - join us at Soupz On in Breckenridge for a guided cooking class led by owner Stacy Hill. Participation limited to ages 15+. *Facilitated in English.*

Time: 10:30am-12:30pm

Location: Breckenridge

MAY

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SUNDAY



COOKING AT SOUPZ ON AGES 12-18

Start your ovens! Take a cooking class at Soupz On with your friends! Participation limited to ages 12-18. *Facilitated in English.*

Time: 10:30am-12:30pm

Location: Breckenridge

MAY

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TUESDAY



QPR TRAINING

Question, Persuade, and Refer (QPR) is 3 simple yet powerful steps anyone can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, people trained in QPR (learn how to recognize the warning signs of a suicide crisis, how to offer hope and how to get help and save a life. *Facilitated in English.*

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

MAY

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TUESDAY



ART WITH FROSTED FLAMINGO

Come create a unique craft and make new connections at this art workshop led by Becca from Frosted Flamingo! *Facilitated in English.*

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

MAY

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FRIDAY



MOVIE NIGHT WITH YESS + UPRISE

Got your popcorn? Enjoy a free night at the movies with your friends! Refreshments will be provided courtesy of the Youth Empowerment Society of Summit. Participation limited to Summit County Residents ages 12-18. *Facilitated in English.*

Time: 6:30-8:30pm **Location:** Dillon



H YYPE Youth Connection



All Ages-Connectedness



Training Class



Fundraiser



Fit to Recover