

BUILDINGHOPE SUMMIT COUNTY

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

JANUARY EVENTS

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



TUESDAY, JANUARY 6, 2026

Journaling for Clarity

7:00 pm - 8:15 pm / Frisco

Join local author Lisa Blake for a relaxed evening of meditation, writing, and connection. Learn how to harness the healing and therapeutic power of this tool to call in your 2026 dreams and goals.

*This event is intended for Summit County residents only.
Event Facilitated in English.*



THURSDAY, JANUARY 22, 2026

Knitting for Teens | Ages 12-18

6:30 pm - 8:30 pm / Breckenridge

Calling all crafters and craft-curious! Bring your works-in-progress or learn and start from the beginning at an evening of community, creativity, and connection. You will receive your own Knit Kit!

*This event is intended for Summit County residents only. Ages 12-18.
Event Facilitated in English.*



THURSDAY, JANUARY 8, 2026

Family Tubing

4:45 pm - 6:00 pm / Frisco

Bring your family for a fun evening of tubing!

*No childcare or supervision of children is being provided.
This event is intended for Summit County residents only.
Event Facilitated in English.*



FRIDAY, JANUARY 23, 2026

Mindfulness Snowshoe with Leslie Glenn

2:00 pm - 3:30 pm / Breckenridge

Enjoy the beauty of our county and immerse yourself in the healing powers of nature on this excursion.

*This event is intended for Summit County residents only.
Event Facilitated in English.*



SATURDAY, JANUARY 10, 2026

Scrap Fabric Mushrooms | Ages 12-18

10:00 pm - 12:00 pm / Silverthorne

Come sew, glue & have fun making your own mini mushroom keepsake, a small reminder of the interconnectedness of everything.

*This event is intended for Summit County residents only. Ages 12-18.
Event Facilitated in English and Spanish.*



SATURDAY, JANUARY 24, 2026

Country Boy Mine Day | Ages 12-18

2:30 pm - 4:00 pm / Breckenridge

Join the HYPE and ECHO adventures for big winter energy, adventure, and time to hang with friends in a setting you don't get to every day. There will be a Monster Truck Sleigh Ride, extreme sledding, tubing, feeding the donkeys, and a quick, short walk into the mine.

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SUNDAY, JANUARY 11, 2026

Family Skates

12:00 pm - 1:00 pm / Breckenridge

Come enjoy a chilly, cheerful evening of gliding, learning, and laughter with family.

Whether you're a beginner or looking to sharpen your skills, instructors will offer short lessons throughout the event.

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WEDNESDAY, JANUARY 28, 2026

Bilingual Yoga with Yess

6:00 pm - 7:30 pm / Frisco

Join us for a yoga session that will strengthen your heart and body, cleanse your body of impurities, and regulate your metabolism and immune system.

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HYPE Youth Connection



All Ages-Connectedness



Training Class



Fundraiser



Family-Connectedness