

# BUILDINGHOPE SUMMIT COUNTY

Visit [BuildingHopeSummit.org](http://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](http://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.

This event is intended for Summit County residents only. Ages 12-18.

Event Facilitated in English.



### 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.

No childcare or supervision of children is being provided.

This event is intended for Summit County residents only.

Event Facilitated in English.



### 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.

This event is intended for Summit County residents only.

Event Facilitated in English and Spanish.



HYPE Youth Connection



All Ages-Connectedness



Training Class



Fundraiser



Family-Connectedness