

BUILDINGHOPE SUMMIT COUNTY

Visit [BuildingHopeSummit.org](https://www.buildinghopesummit.org) for information about mental health resources and navigating support services in Summit County.

FEBRUARY EVENTS

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



TUESDAY, FEBRUARY 3, 2026

**PFX: A Psychology-Fitness Experience
powered by PSYFI**

6:30 pm - 7:30 pm / Silverthorne

A revolutionary group fitness class that combines psychology and neuroscience training with a HIIT workout, breathwork, and meditation.

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



SUNDAY, FEBRUARY 15, 2026

Youth Skates | Ages 12-18

11:45am - 1:00 pm / Breckenridge

Join Building Hope and the HYPE for ice skating! Whether you're a beginner or looking to sharpen your skills, instructors will offer short lessons throughout the event. Come enjoy a chilly, cheerful afternoon of gliding, learning, and laughter with friends.

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



FRIDAY, FEBRUARY 6, 2026

Bob Ross Style Painting | Ages 12-18

5:00 pm - 07:00 pm / Breckenridge

Take yourself on a happy little painting adventure. Designed for novice painters and fun-seekers alike, this class was created with Bob's soothing vibes, "dreamy skies," "cozy little cabins," and "happy little trees," in mind.

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



TUESDAY, FEBRUARY 17, 2026

Inner Coherence: Breath & Sound (Bilingual)

7:00 pm - 8:30 pm / Frisco

Join us for a transformative evening combining breathwork and sound healing to release stress, anxiety, and stored emotions.

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



THURSDAY, FEBRUARY 12, 2026

**Tubing at Frisco Adventure Park | Adults
Only, Ages 18+**

4:45 pm - 6:00 pm / Frisco

Come on down to Frisco for a fun night of tubing!

This event is intended for Summit County residents only. This will be an adult only event (Ages 18+).
Event Facilitated in English.



THURSDAY, FEBRUARY 19, 2026

Family Indoor Rock Climbing

5:30 pm - 7:30 pm / Breckenridge

Bring the whole family together for an exciting indoor rock climbing adventure!

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



SATURDAY, FEBRUARY 14, 2026

**Japanese Paper Lantern Decoupage
Workshop | Ages 12-18 (Bilingual)**

10:00 am - 12:00 pm / Silverthorne

Join Building Hope and the Simple Art Studio to make a Japanese Paper Lantern Decoupage Workshop.

Transform your space with a touch of personalized elegance in our art class.

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



FRIDAY, FEBRUARY 27, 2026

Family Expressive Art

6:00 pm - 8:00 pm / Silverthorne

Join Expressive Artist Kathye Conti for this family-friendly event to explore the role art plays in promoting personal well-being and connectedness.

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



HYPPE Youth Connection



All Ages-Connectedness



Training Class



Fundraiser



Family-Connectedness