

# BUILDINGHOPE SUMMIT COUNTY

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

## APRIL EVENTS

EVENTS REQUIRE ONLINE REGISTRATION: [www.buildinghopesummit.org/events](http://www.buildinghopesummit.org/events)



**THURSDAY, APRIL 9, 2026**

**Pysanky: Ukrainian Egg Decorating**  
5:00-7:00pm / Breckenridge

Enjoy an evening learning the special technique of Pysanky, the Ukrainian tradition of decorating and dyeing eggs using a wax resist method. The eggs you create will be heirlooms you can enjoy for years to come.

This event is intended for Summit County residents only. Ages 11-18.  
Event Facilitated in English.



**SATURDAY, APRIL 18, 2026**

**Flow with Nature**  
3:00-4:30pm / Silverthorne

Take a break from screens, stress, and busy schedules, and spend some time outside on a gentle mountain trail. You will enjoy being guided through simple, interactive moments to reconnect with the elements of nature.

This event is intended for Summit County residents only. Ages 11-18.  
Event Facilitated in English.



**TUESDAY, APRIL 14, 2026**

**Inner Coherence: Breath and Sound**  
7:00-8:30 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 & Spanish.



**MONDAY, APRIL 27, 2026**

**Family Yoga Dance**  
4:00-5:00pm / Dillon

Family Yoga Dance is a playful, heart-opening experience where kids and parents move, laugh, and connect together. Families share joyful moments that build connection and trust. All ages, from infants to grandparents, will enjoy this playful time together.

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



**THURSDAY, APRIL 16, 2026**

**Tie Dye Workshop**  
5:30-7:00 pm / Breckenridge

Bring your family to this special workshop hosted by MaryB Go Round Tie Dyes. Get ready to be hands on as you and your family learn the Ice Tie Dye method and create your own Tie Dye tote bag or bandana.

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



**TUESDAY, APRIL 28, 2026**

**Mandala Art for Mental Balance**  
5:00-7:00pm / Silverthorne

Join Kathy Conti as she leads us through the rhythmic art of making your own mandala. Making a mandala does not require artistic skill and you will be amazed by the sense of calm and wholeness you feel.

This event is intended for Summit County residents only. Ages 11-18.  
Event Facilitated in English.



**FRIDAY, APRIL 17, 2026**

**Sound Healing with EJ**  
6:00-7:00pm / Frisco

End your week with some well deserved relaxation. Join us and allow the sound waves to wash over you in this relaxing Sound Bath experience led by EJ.

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



**WEDNESDAY, APRIL 29, 2026**

**Family Ice Skating**  
4:45 pm-6:00 pm / Breckenridge

Bring the whole family and join Building Hope for ice skating! 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.



**SATURDAY, APRIL 18, 2026**

**Crystal Suncatcher Workshop**  
10:00am-12:00pm / Silverthorne

We invite you to a morning of connection and creativity to design your own suncatcher using natural crystals and gems. As we string together pieces that capture the light to brighten your home, we will create new bonds with members of our Summit County community.

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

**CANCELLATIONS:** When your plans change, and you are no longer able to attend an event, you must cancel your reservation as soon as possible. This can be done through Humanix or by emailing [info@buildinghopesummit.org](mailto:info@buildinghopesummit.org)

Events have ticket quantity limits and often have waitlists. Reserving a ticket that then goes unused prevents others from having the opportunity to attend. Building Hope retains information about no-shows and may limit future registrations if they happen frequently.