

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



SUNDAY, MAY 3, 2026
Fly Fishing Lesson
9:00-10:30am / Breckenridge

A unique opportunity to learn the art of fly fishing. Experience the calming connection fly fishing fosters with the river and the natural world.

This event is intended for Summit County residents only.
Adults 18 y.o +
Event Facilitated in English



WEDNESDAY MAY 13, 2026
Bilingual Yoga with Yess
6:00-7:30 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.
Adults 18 y.o +
Event Facilitated in English and Spanish.



SUNDAY, MAY 17, 2026
A Visit to the Summit Valley Horse Center
10:00am-12:00pm / Silverthorne

Join us for a morning at the Summit Valley Horse Center and learn about the connection between humans and horses! This class is designed to introduce participants to basic horse safety and handling and gives hands-on experience.

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



THURSDAY, MAY 7, 2026
Community Stress Management and Resilience (SMART) training
6:00-8:00 pm / Frisco

In honor of Mental Health Awareness Month, Building Hope is hosting a free community SMART Training. SMART integrates neuroscience, positive psychology, mindfulness and resilience building.

This event is intended for Summit County residents only.
Adults 18 y.o +
Dinner & childcare provided.
Event Facilitated in English



THURSDAY, MAY 14 2026
Body Weight Workout for Families
5:00-6:30pm / Frisco

This workout will engage the whole family with no equipment needed! Using body weight only, we will complete a full body workout, building trust and confidence in ourselves and each other.

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



SUNDAY, MAY 17, 2026
Pickleball Lesson
2:00-3:00pm / Breckenridge

Have you been wondering why everyone loves to play Pickleball? Learn the rules and techniques that make this sport so much fun!

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



MONDAY, MAY 11, 2026
Family Wheel Throwing
5:30-7:00pm / Breckenridge

Join us for a hands-on pottery experience, specifically designed for adults and children to create together. In this workshop, each family will work together on a pottery throwing wheel, shaping clay into unique, functional pieces.

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



SATURDAY, MAY 16, 2026
"Make a Fish" Windsock Workshop
10:00am-12:00pm / Silverthorne

Inspired by the Japanese tradition of Koinobori (carp streamers), we're bringing a local twist to the High Country. In this all ages, family friendly workshop, we'll create trout shaped windsocks to celebrate the coming summer!

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



MONDAY, MAY 18, 2026
Journaling for Grief and Loss
7:30-8:30pm / Frisco

Grief can feel isolating—but you don't have to move through it alone. This gentle, supportive gathering invites you to explore your experience of loss through guided meditation, journaling and community support.

This event is intended for Summit County residents only.
Adults 18 y.o +
Event Facilitated in English.



TUESDAY, MAY 12, 2026
Sound Healing with EJ
6:00-7:00 pm / Frisco

Break up 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.
Adults 18 y.o +
Event Facilitated in English



SATURDAY, MAY 16, 2026
Archery and Frisbee Golf with ECHO Adventures
1:00-2:30pm / Dillon

Join us for a fun and active teen outing in Dillon! ECHO Adventures will help you practice your technique, with time at both the archery range and frisbee golf course. Participants will be able to move between the archery range and the course and choose to try both activities or focus on their favorite.

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



TUESDAY, MAY 19, 2026
PFX: A Psychology-Fitness Experience powered by PSYFI
6:30-7:30 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.
Adults 18 y.o +
Event Facilitated in English.