

BUILDINGHOPE SUMMIT COUNTY

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

JULY EVENTS

All Events are Free and Require Online Registration:
www.buildinghopesummit.org/events



WEDNESDAY, JULY 8, 2026
"Family in the Forest"
Scavenger Hunt with FDRD
5:30-7pm / Frisco

Building Hope will team up with Friends of the Dillon Ranger District for an outdoor adventure: explore the forest, look for clues, and uncover the hidden secrets of nature.

At least one trusted adult and one youth must attend together. This event is intended for Summit County residents only.

Event Facilitated in English



THURSDAY, JULY 9, 2026
Horse Power: Teen Morning
at the Horse Center
10am-12pm/ Silverthorne

This is your chance to spend a morning at the Summit Valley Horse Center to learn how to groom the horses and lead them through an obstacle course.

This event is intended for Summit County residents only. Ages 11-18.

Event Facilitated in English



FRIDAY, JULY 10, 2026
Above the Forest Floor:
Teen Aerial Adventure at
Arapahoe Basin
10am-12pm / Arapahoe Basin

This self-guided climbing adventure will include ziplines and challenge course features while you navigate above the forest floor high in the trees.

This event is intended for Summit County residents only. Ages 11-18.

Event Facilitated in English



SATURDAY, JULY 11, 2026
Family Gratitude
Dreamcatcher Workshop
10am-12pm/ Silverthorne

Gather your family to craft a beautiful gratitude dreamcatcher together, weaving your shared thanks and appreciation into a meaningful piece of handmade art.

At least one trusted adult and one youth must attend together. This event is intended for Summit County residents only.

Event Facilitated in English and Spanish



SUNDAY, JULY 12, 2026
Beat the Heat: Craft Your
Own Frosty Summertime
Drink Mug
2:30-4:30pm / Breckenridge

In this workshop, we will handbuild unique mugs perfect for your favorite cold drinks. Students will learn basic clay construction techniques to create a sturdy vessel with a handle that they can drink out of!

This event is intended for Summit County residents only. Ages 11-18.

Event Facilitated in English.



MONDAY, JULY 13, 2026
Gentle Grounding in a
Heavy World
5:30-7pm / Frisco

Through a blend of education, nervous system awareness, and guided reflection, this event highlights how stress shows up in both the mind and body, helping to normalize these experiences while offering practical tools to feel more grounded, regulated, and supported.

This event is intended for Summit County residents only. Adults 18 y.o +

Event Facilitated in English



TUESDAY, JULY 14, 2026
Get Vivid: The Teen Tie-Dye
Experience
2-4pm / Frisco

We will supply everything you need to tie dye a new T-shirt or hat (and you are welcome to bring your own items to tie dye as well!)

This event is intended for Summit County residents only. Ages 11-18.

Event Facilitated in English



FRIDAY, JULY 17, 2026
Shake, Groove and Connect:
A Family 5Rhythms
Adventure!
5:00-6:00pm / Farmer's Korner

An evening of joyful, creative movement! This friendly and playful workshop is for kids, parents, and caretakers to shake off stress, laugh together, and explore unique ways of moving.

At least one trusted adult and one youth must attend together. This event is intended for Summit County residents only.

Event Facilitated in English



SATURDAY, JULY 18, 2026
Summit Collective: Mental
Health + Movement Series
12-2pm/ Farmer's Korner

In this workshop, local therapist Catie Tobin, LPC introduces Parts Work - an approach that helps you understand your inner world and respond to yourself with greater compassion. This is followed by a restorative yoga flow and guided meditation with Kayla Aitken and Jess Race of Afterglow Adventure Co.

This event is intended for Summit County residents only. Adults 18 y.o +

Event Facilitated in English.



MONDAY, JULY 20, 2026
BreathTone Wellness
5:30-7pm / Breckenridge

BreathTone is a holistic wellness practice that integrates breath-centered movement, functional strength training, and nervous system regulation. It's designed to help you build physical resilience while cultivating inner calm and emotional balance.

This event is intended for Summit County residents only. Adults 18 y.o +

Event Facilitated in English.



WEDNESDAY, JULY 29, 2026
Paddle Boarding with BOEC
9am-12pm/ Breckenridge

Building Hope and Breckenridge Outdoor Education Center (BOEC) invite you to get out on the water for a relaxing, beautiful and fun paddle.

This event is intended for Summit County residents only. Ages 11-18.

Event Facilitated in English.



WEDNESDAY, JULY 29, 2026
Bilingual Yoga with Yess
6-7:30 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.

• CANCELLATIONS: If 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



HYPE Youth Connection



Adult Connectedness



Training Class



Fundraiser



Family-Connectedness