

BUILDINGHOPE SUMMIT COUNTY

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

AUGUST EVENTS

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



WEDNESDAY, AUGUST 5
Yin Yoga & Mental Wellness
6-7:30 pm / Breckenridge

This gentle evening of Yin Yoga and Mental Wellness is a reflection of facilitator Samantha Johnson's clinical mental health work and her deep roots in yoga.

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

Event Facilitated in English



FRIDAY, AUGUST 7
Mandala Magic: Art, Craft and Creation
10am-12:00pm / Silverthorne

Artist Kathye Conti will lead us through the rhythmic art of making our own personal mandala. Making a mandala does not require artistic skill and you will be amazed by the sense of wholeness you feel.

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

Event Facilitated in English.



SATURDAY, AUGUST 8
**Pathways to Connection:
A Community Bridge-
Building Project**
9am-1:00pm / Loveland Pass

Guided by Friends of the Dillon Ranger District, this service project allows us to give back to our community while connecting with the natural world and other people who love nature too!

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

Event Facilitated in English



MONDAY, AUGUST 10
**Family Night at the Movies:
Inside Out**
5:30-7pm / Breckenridge

Join us for a heartwarming Family Movie Night featuring Inside Out—a colorful, imaginative adventure that explores how feelings shape our experiences, relationships, and growth.

At least one trusted adult and one youth must attend together.

This event is intended for Summit County residents only.

Event Facilitated in English



WEDNESDAY, AUGUST 12
**High Country Hangout: A Lake
Dillon Beach Bash for Teens**
5-8pm / Frisco

Let's get together for a Lake Dillon beachside hangout with food on the grill, group games, and plenty of chances to connect with other teens before the school year starts. We'll have organized activities going throughout the night.

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

Event Facilitated in English.



TUESDAY, AUGUST 18
**A Visit to the Summit Valley
Horse Center**
10am-12pm / Silverthorne

Bring the whole family 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, handling and gives hands-on experience.

At least one trusted adult and one youth must attend together.

This event is intended for Summit County residents only.

Event Facilitated in English



TUESDAY, AUGUST 18
**PFX: A Psychology-Fitness
Experience powered by
PSYFI**
6:30-7:30pm / 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.



SATURDAY, AUGUST 22
**Create a Crystal Suncatcher
for Teens**
10am-12pm / Silverthorne

A magical morning of connection and creativity where you'll learn to design your own suncatcher using natural crystals and gems!

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

Event Facilitated in English and Spanish.



SUNDAY, AUGUST 23
**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



MONDAY, AUGUST 24
Yoga with Yess (Bilingual)
6-7:30pm / Silverthorne

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 Humanitix or by emailing 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.



HYPE Youth Connection



Adult Connectedness



Training Class



Fundraiser



Family-Connectedness