

BUILDINGHOPE SUMMIT COUNTY

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

OCTOBER 2026

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



MONDAY, OCTOBER 5
Sound Healing with Mariana
6:00-7:00 pm / Silverthorne

Allow the journey of a sound bath to bring your body back into a homeostatic state, nourishing your blood flow & your nervous system to enter into deep relaxation.

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

Event Facilitated in English and Spanish



THURSDAY, OCTOBER 8
Rewrite Your Money Script
5:30-7:00 pm / Frisco

Your emotional response style to money determines how you and the people in your life make decisions, and may experience conflict, about money. This is not a financial workshop, but a way to understand the role money plays in your life so you can have a healthier relationship with it.

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

Event Facilitated in English.



FRIDAY, OCTOBER 9
**Shake, Groove and Connect:
A Family 7 Rhythms
Adventure!**
5:00-6:00 pm / Farmer's Korner

Bring your kids on a magical movement journey through the 7-Chakra Dance Wave! This playful class blends the fun of dancing with some simple tips to help everyone feel more balanced and joyful.

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, OCTOBER 10
Ceramic Creations for Teens
10:00 am-12:00 pm / Silverthorne

Please join us for a hands-on pottery experience with Mel, the incredible ceramist from The Art Spot. You will design a clay planter and decorate it according to your own unique style.

This event is intended for Summit County residents only.
Ages 10-18.

Event Facilitated in English.



SUNDAY, OCTOBER 11
Teen Ice Skating
1:30-2:45pm / Breckenridge

Whether you're new to ice skating or looking to sharpen your skills, instructors will offer short lessons throughout our time together on the ice.

This event is intended for Summit County residents only.
Ages 10-18.

Event Facilitated in English.



TUESDAY, OCTOBER 13
**Flower Crowns for Day of
the Dead**
5:30-7:30 pm / Breckenridge

Get your family ready for the upcoming "Day of the Dead" by making beautiful flower crowns! Families will create together so everyone leaves with a flower crown and an appreciation for this cultural tradition.

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



MONDAY, OCTOBER 26
**Escape Room:
The Avalanche Cabin**
4:45-6:00 pm / Breckenridge

In this Escape Room, you are part of a group renting the ultimate mountain cabin and then suddenly an avalanche leaves you snowbound. Work together as a team to figure out how to escape!

This event is intended for Summit County residents only.
Ages 10-18.

Event Facilitated in English



TUESDAY, OCTOBER 27
Moving Into Stillness
5:30-7:00 pm / Frisco

Moving Into Stillness is an experiential workshop that invites participants to slow down, reconnect, and explore their inner landscape through movement, mindfulness, meditation, self-reflection, and meaningful conversation.

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

Event Facilitated in English

• 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