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# Resiliency Reporter

Highlights, & features from your friends at STEM Center for Strength

Your Place to CONNECT, LEARN, DO & HEAL.

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## In Remembrance.

*"There are no goodbyes for us.  
Wherever you are, you will always be in my heart"*  
- Mahatma Gandhi, Lawyer and Civil Rights Activist

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Connecting with others next week is more important than you might think. Social connection can lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and actually improve our immune systems.

Everyone needs tools to help them feel better when facing struggles. It can be difficult to come up with coping skills on your own so the Center has put together a schedule of services, programs, and community gatherings specifically designed to promote healing and integrative wellness, provide education, and bring people together in meaningful dialogue with each other during this difficult week.

**We hope to see you next week.**

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[Remembrance Week Information](#)

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## MAY 7TH COMMEMORATION SCHEDULE MAY 2ND TO MAY 7TH

We are taking the week to remember and honor your recovery from the shooting on May 7th, 2019.

### Days of Service ~ May 2nd to May 6th (at the Center)

Kendrick's Kindness Movement  
Project Angel Heart  
Blankets for Children's Hospital

### Monday, May 2nd (at the Center)

iRest w/Randy  
4:30-5:30 PM (Teens and up)

### Tuesday, May 3 (at the Center)

Make Mother's Day Essential Oil jewelry  
5:30-7:30 PM \*\*Not a drop off event

### Wednesday, May 4th (at the Center)

Resilient Chats with Frank DeAngelis  
4-6 PM (Current & Former May 7th Staff)

### Thursday, May 5th (online)

Finding Calm in Your Moment- Mindfulness with Bethany  
7-8 PM (Everyone)

### Friday, May 6th (at the Center)

OPEN ART STUDIO  
9am-5pm (Everyone)  
COMMUNITY OPEN HOUSE  
4:30-6:30pm (Everyone)

### Saturday, May 7th

MANE MISSION  
9-12:00

(Everyone- children under 16 must be accompanied by a parent or older sibling)

CIVIC GREEN

12:30-4pm (Everyone- Not a drop off event under 13)



## Kendrick Kindness Movement



[More Info Here](#)

In the spirit of honoring Kendrick's legacy and the essence of his quote, the Center for Strength is introducing a kindness movement to invite our community and beyond to paint rocks with kind thoughts, messages, or pictures, and leave them wherever your destination leads you!

### How it works~

Paint a rock

Take it on the road to a beautiful destination

Snap a picture of where you left it for someone else to find it

Share on social media –

@Center4strength #KKM

Let's get these out to other states and see how far we can spread the kindness in honor of Kendrick

## Week of May 7th- Special Event

**Resilient Chat with  
Frank DeAngelis**

**Wednesday, May 4**

**4pm - 5pm**

**Current & Former May 7th STEM Staff  
Virtual or In Person at Center**

*The heartbeat of the Center for Strength is to promote recovery and resilience.*

This conversation with Frank is one way we foster resiliency. We host authentic, vulnerable, and brave conversations with those who are willing to share their experience, resilience, and hope as they walk out their journey to healing and recovery.

**Frank DeAngelis**



**Former Columbine Principal**

[Sign Up Here](#)

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**The Center is still practicing social distancing.  
Check out our additional updates below:**

[COVID-19 Update](#)

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**Stay connected with us on social media!**



[www.stemcenterforstrength.org](http://www.stemcenterforstrength.org)



[Sign Up For Our Newsletter!](#)

**NEED SOMEONE TO TALK TO?**

We have 1-1 clinical counselors ready to listen.

Complete your request [HERE](#).