

Center for Strength



Weekly Email

RESILIENCY REPORTER

Being part of a community can have a positive effect on your mental health and emotional wellbeing. Community involvement provides a sense of belonging and social connectedness. It can also offer extra meaning and purpose to everyday life.

Communities can exist or be created from a shared location, hobbies, lived experiences and backgrounds, or a common cause. When people feel connected, they have lower levels of anxiety and depression. Feeling connected also helps to create more empathy between one another, and that leads to stronger relationships across our community.

As part of our ongoing "Rays of Resilience" campaign for the year, we want to ensure that our community gets connected through our different activities each week.

Below are some of the activities that you can explore!

Pillar of Strength: **CONNECT**

Gather to build and maintain relationships and laugh a little



S.O.L.A.C.E.

Spaces of Love And Connection w/ Equity

Every other Friday

3:15pm -4:30pm

January 20th

February 3rd

Location: Center for Strength

For Middle Schoolers and High School

Come to our fun peer hangout time. This is your chance to build authentic relationships with new friends or connect with old ones.

This isn't a formal activity it's just a chance for anyone to come and hang out, talk or *just be!*

Feel free to bring a friend!

Pizza and snacks will be served!

This is a drop in event.

Pillar of Strength: **LEARN**

Gather to build and maintain relationships and laugh a little



Heather Martin
Columbine Survivor & Rebels Project

[Sign Up Here](#)

Resilient Chats

January 24

5:00 pm - 6:30 pm

In person

Teens and Up Welcome

Resilience:

- Is taking control of the narrative, so you tell your story your way.
- It does not just happen; it's a constant climb toward who you are becoming while honoring your grief.
- Is wanting to rewind or take a different path but still show up daily.

Our Resilient Chats are full of statements like these. Come and hear Heather Martin's resilient journey.



AllHealth Network's Clinical Supervisor,
Evan Forster, LCSW

Trauma and Change Lunch & Learn

January 31st

12:00pm -12:30pm

Online

For Teens and Up

This online series aims to share trauma-informed information with topics on trauma recovery and how to build resilience for our community.

Come to this engaging conversation with AllHealth Network's, Clinical Supervisor, Evan

[Sign Up Here](#)

This session will be pre-recorded. If you have any questions afterward email them to contact@center4strength.org.

We will share those questions with Evan and we will provide a video link with the answers.

Forster, LCSW. He will provide some education on how trauma impacts everyone differently, and how this can change over time.

Learn how going through a difficult experience impacts our ability to tolerate change and how coexisting difficulties of high achieving students and anxiety might affect their physical and mental health.

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Center for Strength | 640 Plaza Dr. , Suite 130, Highlands Ranch , CO 90129 7209805761

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