

Center for Strength



Monthly Newsletter

ROADMAP TO RESILIENCY

We hear the word perseverance all the time, but what exactly does it mean? Merriam-Webster defines perseverance as "working hard to reach your goals and having the determination to never give up."

Whenever we are faced with a demanding task or a challenging goal, it is not uncommon to encounter hurdles that can test our patience and perseverance. It may be easier to quit rather than pushing ourselves toward something we want that doesn't seem to want us back.

Being perseverant means choosing to keep going during challenges and failures.
It is our own ability to get up every time we fall down.

As we continue to find ways to cultivate resiliency, the Center has different activities this month that will engage your perseverance in a positive way.

Pillar of Strength: CONNECT

Gather to build and maintain relationships and laugh a little.



February Connect Activities:

These activities are in person.

[Click the activity for more info & to sign up:](#)

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

Spaces of Love And Connection w/Equity

February 3rd & 17th

For Middle School & Up

*This is a drop-in event

Go Team Dogs at the Center

Thursday, February 9th

For Everyone

11:15am-1:15pm
No registration required

Green Leaf Society

February 14th & 28th
For Elementary & Up
3:15 pm - 4:15 pm

Pillar of Strength: DO

Engage in activities that promote health and wellness.



February Do Activities

These activities are in person.

Click the activity for more info & to sign up:

Show Up 2 Rank Up Martial Arts for *Teens*

Mondays, February 6th, 13th, 20th, 27th
10am - 10:45am

Show Up 2 Rank Up Martial Arts for *Middle Schoolers*

Mondays, February 6th, 13th, 20th, 27th
3:15pm-4pm

Trauma Informed Yoga

Morning Warm Up

Tuesdays, February 7th, 14th, 21st, 28th
For 16 years & Up
8am-9:15am*

**Attendees can use the 15 minutes after class
to meditate or journal.*

Trauma Informed Yoga

Breathe, Stretch, Rest Yoga

For 16 years & Up
Wednesdays, February 1st, 8th, 22nd
5:30pm-6:30pm

Pillar for Strength: LEARN

Gain strategies, insights and understanding related to trauma recovery, teen relationships, parenting and other relevant topics.

February Learning Activities

Some activities are in person or online.

Click the activity for more info & to sign up:

Open Art Studio



Wednesdays, February 1st, 8th, 15th, 22nd

For Everyone

11am -1pm

Bethany's Art Corner

February 10th, 24th

For Everyone

3pm-4pm

Open Art Studio

Evening Edition

Make a Gift of Love for Yourself or
Someone You Love

February 23rd

For Everyone

4:00pm- 6:00pm

Paws2Read

February 23rd

For 6th Graders and Younger

2:45 pm - 3:45 pm

Lunch & Learn

Topic: Cognitive Skills

Presented by:

Dr. Keri Johns, CBT Denver

February 28th

For Teens & Up

12pm -12:30pm

Pillar for Strength: HEAL

Access free mental health services in either a group or individual setting.



February Recognitions:

Black History Month

National Eating Disorders Awareness Week

February 27th to March 5th

Time to Talk Day

1st Thursday of February

Random Acts of Kindness Week

February 14th - 20th

World Day of Justice

February 20th

Resources:
[Diversity, Equity & Inclusion](#)

[Eating Disorders](#)

[Connect with a therapist HERE](#)



Contact us

For questions reach out **HERE**

Call us at 303-872-3040

www.center4strength.org

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Resiliency Reimagined Podcast Listen below:



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