

Center for Strength



Monthly Newsletter

# ROADMAP TO RESILIENCY

Confidence is trusting in your skills, choices, and values. It comes from within yourself and feels like an intuition of your strengths and weaknesses while still thinking positively about yourself.

While life can throw curve balls and shake our sense of confidence we can still attain our own level of self esteem. The great thing is, every moment is a chance to build evidence toward your self-confidence. To make up for what was lost, you can rebuild confidence over time through small and large moments that build up toward more self-trust.

In honor of our 2023 Rays of Resilience ideals, we're focusing on developing confidence this month by connecting with others, being creative and participating in group discussions.

## Pillar of Strength: CONNECT

Gather to build and maintain relationships and laugh a little.



### March Connect Activities:

**These activities are in person.**

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

#### **Go Team Dogs at the Center**

March 9th

*For Everyone*

11:15am-1:15pm

*No registration required*

#### **Green Leaf Society**

March 21st & 28th

*For Elementary & Up*

3:15 pm - 4:15 pm

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

Spaces of Love And Connection w/ Equity

March 31st

*For Middle School & Up*

3:15pm - 4:30pm

Broken Bowl Project

Friday, March 31st

*Current & Former Staff*

4-6 PM

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## Pillar of Strength: DO

Engage in activities that promote health and wellness.



### March Do Activities

These activities are in person.

Click the activity for more info & to sign up:

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

Mondays, March 6th, 13th, 20th, 27th

3:15pm-4pm

Self Defense for *Girls & Women*

Mondays, March 20th, 27th

5pm - 6pm

Trauma Informed Yoga

Morning Warm Up

Tuesdays, March 7th, 14th, 21st

*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, March 1st, 8th,

*Going forward class will be held on*

*Thursdays starting March 16th, 23rd & 30th*

6:15pm-7:15pm

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## Pillar for Strength: LEARN

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

### March Learning Activities



**Some activities are in person and online.**  
Click the activity for more info & to sign up:

**Open Art Studio**

Wednesdays, March 1st, 8th, 22nd, 29th

*For Everyone*

11am -1pm

**Open Art Studio- Afternoon Edition**

**Make Self-Care Boxes**

March 7th

*For Everyone*

3pm-4pm

**Bethany's Art Corner**

March 24th

*For Everyone*

3pm-4pm

**Body Keeps the Score:**

**Brain, Mind & Body Awareness Series**

March 9th

**Movement Module**

March 23rd

**Therapy Module**

*For Adults*

5:00 pm - 6:00 pm

**Spring Break Art Activities\***

March 13th -17th

Open Hours: 10am-2pm

*\*Various activities will be available  
throughout the Center. No registration  
necessary.*

**Resilient Chats**

**Topic: How Animals Can Support Humans**

**Presented by: Kathy Hulley, Mane Mission**

March 28th

*For Teens & Up*

5pm - 6:30pm

**Lunch & Learn**

Virtual 30 minute lunch break

*Date & Time TBD*

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## Pillar for Strength: HEAL

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



**Connect With A Therapist**

**March Recognitions:**

**Women's History Month**

**National LGBTQ+ Health Awareness Week**

Last week of March

**World Teen Mental Health Day**

March 2nd

**Resources:**

**LGBTQ+ Resources**

**Girls Mental Health Resources**

*All programming including therapy sessions are free.*

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## Contact us

For questions reach out **HERE**

Call us at 303-872-3040

**[www.center4strength.org](http://www.center4strength.org)**

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**Resiliency Reimagined Podcast**

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