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

<u>S.O.L.A.C.E.</u>

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

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.

<u>Trauma Informed Yoga</u> 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

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:

<u>Open Art Studio</u> 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 <u>Movement Module</u> March 23rd <u>Therapy Module</u> *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, <u>Mane Mission</u> March 28th *For Teens & Up* 5pm - 6:30pm

> Lunch & Learn Virtual 30 minute lunch break Date & Time TBD

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: <u>LGBTQ+ Resources</u> <u>Girls Mental Health Resources</u>

All programming including therapy sessions are free.



Contact us

For questions reach out HERE

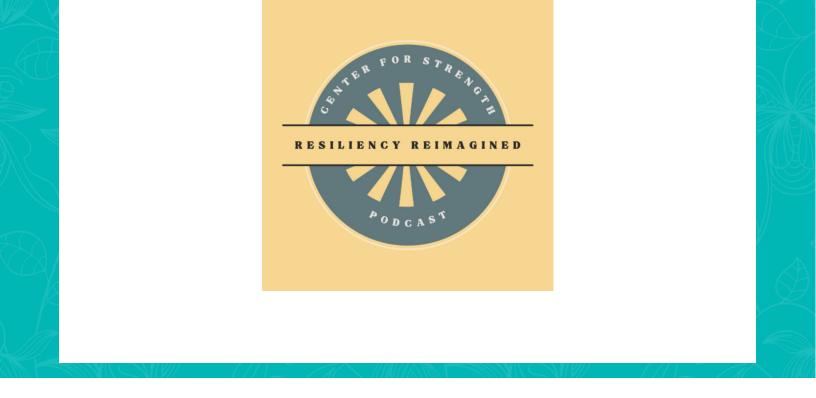
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