

Center for Strength



Monthly Newsletter

ROADMAP TO RESILIENCY

Nowadays we live busy lives, trying to strike a balance between work, school, hobbies, self-care and more. In turn our social connections fall by the wayside. But connecting with others is more important than you might think. Making social connections can help lower anxiety and help us regulate our emotions, lead to higher self-esteem and actually improve our immune systems.

Due to technology we are more disconnected than generations before us. While technology seems to connect us more than ever, the screens around us disconnect us from nature, from ourselves, and from others. Facetime and Zoom aren't enough, we need face-to-face interaction to thrive. Technology should be enhancing our connection to others, not replacing it.

Our inherent need for human connection doesn't mean that every introvert must become a social butterfly. Having human connection can look different for each person. And if you're not sure where to start in finding meaningful connection, that's okay.

Pillar of Strength: CONNECT

Gather to build and maintain relationships and laugh a little.



April Connect Activities:

These activities are in person.

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

Go Team Dogs at the Center

April 13th

For Everyone

11:15am-1:15pm

No registration required

Green Leaf Society

April 11th & April 25th

For Elementary & Up

3:15 pm - 4:15 pm

Happy Hour

April 14th

Current & Former STEM School Staff

4pm-6pm

Broken Bowl Project

April 21st

Current & Former Staff

4-6 PM

Pillar of Strength: DO

Engage in activities that promote health and wellness.



April 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, April 3rd, 10th, 17th, 24th
3:15pm-4pm

Self Defense for *Girls & Women*

Mondays, April 3rd, 10th
5pm - 6pm

Trauma Informed Yoga

Morning Warm Up

Tuesdays, April 4th, 11th, 18th, 25th
For 16 years & Up
8am-9:15am*

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

Community Hiking Club

For Teens & Up

Sunday, April 16th
9am-11am

Trauma Informed Yoga

Breathe, Stretch, Rest Yoga

For 16 years & Up

Thursdays, April 6th, 13th, 20th, 27th
6:15pm-7:15pm

**Brain, Mind, and Body Awareness Series-
Yoga Module**

Thursday, April 20th

Pillar for Strength: LEARN

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



April Learning Activities

Some activities are in person and online.

Click the activity for more info & to sign up:

Open Art Studio

Wednesdays, April 5th, 12th, 19th, 26th

For Everyone

11am -1pm

Open Art Studio- Afternoon Edition

Marble Snails

April 4th

For Everyone

3pm-4pm

Brain, Mind & Body Awareness Series -

Braincode

April 6th

For 16 years & Up

5pm - 6pm

Bethany's Art Corner

April 14th

For Everyone

3pm-4pm

Lunch and Learn - Anticipatory Grief

April 18th

Teens and Up

12pm -12:30 PM

Pillar for Strength: HEAL

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

April Recognitions:

Stress Awareness Month

Sexual Assault Awareness and Prevention Month

National Counseling Awareness Month

National Minority Health Month



Resources:
[Diversity, Equality, Inclusion Resources](#)
[Stress and Teens](#)

Connect With A Therapist

All programming including therapy sessions are free.



Contact us

For questions reach out **HERE**

Call us at 303-872-3040

www.center4strength.org

Follow Us:



Resiliency Reimagined Podcast
Listen below:



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

[Unsubscribe mkorth@allhealthnetwork.org](mailto:unsubscribe@allhealthnetwork.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by jess@stemcenterforstrength.org in collaboration
with



Try email marketing for free today!