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Spending quality time with friends or loved ones can just feel good for the soul. Have you ever left a gathering with friends and felt refreshed? Time spent with those that you trust and that care about you is good for everyone. Too much time on your own can make you feel lonely and out of touch so it is important to make an effort to spend time with others. After all, surrounding ourselves with your community and engaging with your connections is one of the ways you can learn and grow.

We know this week will be difficult for some so we want to encourage you to engage with your community and come to our calming and thoughtful activities this week. We don't want anyone to be alone in their resilient journey so come and "Connect, Do, Learn, or Heal" with us.

Pillar of Strength: CONNECT

Gather to build and maintain relationships and laugh a little.



May Connect Activities:
These activities are in person.

Click the activity for more info & to sign up:

May 7th Commemoration

Open House

May 5th

For Everyone

4pm-6pm

May 7th Commemoration

Gathering

May 7th

For Everyone

1pm-4pm

Go Team Dogs at the Center

May 13th

For Everyone

11:15am-1:15pm

No registration required

Senior Dinner

May 11th

***For Class of 2023 &
Former & Current STEM School Staff invited***

5pm-9pm

Green Leaf Society

May 9th & May 23rd

For Elementary & Up

3:15 pm - 4:15 pm

Pillar of Strength: DO

Engage in activities that promote health and wellness.



May 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, May 1st, 8th, 15th, 22nd

3:15pm-4pm

Trauma Informed Yoga

Morning Warm Up

Tuesdays, May 2nd, 9th, 16th, 23rd

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

Thursdays, May 4th, 11th,

6:15pm-7:15pm

May 7th Commemoration

Walk Your Path

For Victims of May 7, 2019

May 6th

10am-2pm

Community Hiking Club

For Teens

Monday, May 22nd

12pm-1pm

For Parents

Monday, May 22nd

4:30pm-5:30pm

Pillar for Strength: LEARN

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



May Learning Activities

Some activities are in person and online.

Click the activity for more info & to sign up:

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

Journaling

Thursday, May 4th

For 16 Years & Up

5pm-6 PM

Open Art Studio

Wednesdays, May 3rd, 10th, 17th, 24th

For Everyone

11am -1pm

Art with Niki

May 15th
For Current & Former STEM School Staff
4:15pm -5:30pm

Bethany's Art Corner
May 19th
For Everyone
3pm-4pm

Pillar for Strength: HEAL

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



Connect With A Therapist

May Recognitions:

National Mental Health Awareness Month

Asian American and Pacific Islander Heritage Month

Teacher Appreciation Week (05.08 to 05.12)

Resources:

Teacher & Staff Resources
Diversity, Equality, Inclusion Resources
Download the Transcend App

All programming including therapy sessions are free.



WE WANT TO HEAR FROM YOU!



We want to keep our doors open
after our grant funding ends
December 2023.

By taking this survey, you will let
us know if we can sustain our
vision and continue to providing
trauma-informed resources and
safe spaces for your community
to continue.



TAKE SURVEY HERE



Contact us

For questions reach out **HERE**

Call us at 303-872-3040

www.center4strength.org

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