

HAPPY 2024 FRIENDS!

We hope you all had a restful break and holidays. We are excited to see you all in the new year!

Yes, the January newsletter is dropping in your inbox mid-ish January. (Reminder to self: Add to 2024 vision board "Schedule calendar better in 2024", haha!)

BUT - it's not too late to sign up for some**new** and returning programs this month!

Read more about the information by clicking on the flyers below!

All events/programs, including therapy sessions, are FREE!



Pillar of Strength: CONNECT

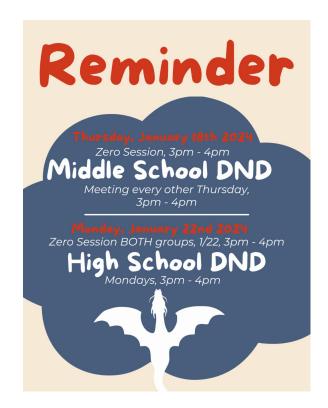
Gather to build and maintain relationships and laugh a little.







Click the graphic for more info & to sign up:





Pillar of Strength: DO

Engage in activities that promote health and wellness.



Click the graphic for more info & to sign up:









Pillar for Strength: LEARN

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

Click the graphic for more info & to sign up:









Pillar for Strength: HEAL

Our team is a group of dedicated and caring individuals who strive to make the Center a safe and inviting place for our community as a whole.







Connect With A Therapist



COMING SOON!





Help fill the Center!





Contact us

For questions reach out **HERE**

Call us at 303-872-3040

www.center4strength.org

Follow Us:









Resiliency Reimagined Podcast Listen below:

A Message to Our Community - Please read by clicking here >>>





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