



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 **somenew** and returning programs this month!

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

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



CONNECT * DO * LEARN * HEAL

some dates and times may change, please check out our calendar @ center4strength.org for updates

January

Upcoming Events

640 PLAZA DR STE. 130 HIGHLAND RANCH, CO 80129 303.872.3040



Programming - Elementary/Middle School/High School

THU - 1.18 - 3:00p-4:00p- **DND Middle School** Interest Meeting (Middle School)
MON - 1.22 - 3:00p-5:00p- **DND High School** Interest Meeting (High School)
THU - 1.25 - 3:00p-5:00p- **DND** (Middle School)
MON - 1.29 - 3:00p-5:00p- **DND Group A** (High School), **DND Group B** 2.1.24
Weekly
MON - 1.22 - 10:00a-10:45a - **Martial Arts, Show Up 2 Rank Up** (High school)
MON - 1.22 - 2:30p-4:00p- **EMERGE Inside Out** (3rd-6th Graders)
TUE - 1.16 - 3:15p-4:15p - **Green Leaf Society** (Teens)
WED - 1.10 - 3:15p-4:30p - **SOLACE** (LGBTQ+ Teens)
THU - 1.18 - 3:00p-3:45p- **Martial Arts, Secondary SURU** (Middle and High School)

Programming - 16yrs+/Adults/Alumni/Staff

TUE - 1.30 - 6:00p-7:30p-**Virtual Vision Boarding** (May 7th Staff)
Weekly
Mon - 1.22 - 3:00p-4:00p- **RECOUP Support Group** (Parents/Caregivers)
TUE - 1.16 - 8:00a-9:15a - **Morning Warm Up: All Levels Flow Trauma-Informed Yoga** (16+)
THU - 1.11 - 6:30p-7:45p - **Breathe, Stretch, Rest: Trauma-Informed Yoga** (Adults)
Coming Soon - Alumni Game Day!

Programming - Everyone 11y & younger must be accompanied by an adult or a responsible older sibling

TUE - 1.23 - 6:00p-7:30p- **Vision Boarding** (16+)
FRI - 1.12, 1.26 - 3:00p-5:00p - **Open Art Studio - Fridays!** (Everyone)
1.12 Paper Stars 1.26 Vision Box
Weekly
WED - 11:45-1:35p **Open Art Studio** (Everyone)
1.10 Inside Out Decor 1.17Paper Stars 1.24 Origami Blossom Hearts 1.31 Vision Box

Resiliency Reimagined
PODCAST

new-day!
Show up 2 Rank up 2 Secondary Martial Arts
Thursdays at 3:15 PM
Grades 6th and up come join us for martial arts to better both your mind and body!

E.M.E.R.G.E. Inside Out
This "Inside Out" group is an expressive arts group to help support emotional and social skills in children, but - with style!
Mondays - starting 1.22 8pm to 9pm (Middle school) 2:30p to 4p (Elementary) @ Center for Strength
enrollment only!

Therapy Services

FREE to those affected by the tragedy on May 7, 2019

Talk to a staff member or sign up online

New Programming

Check our website for more info!

Vision boarding

Learn how you can incorporate serenity and healing by taking intentional time to listen to the still small voice within. We will document our hopes for the new year by connecting our values to our vision for 2024.

Facilitated by Jenny Robins

NEW DAY!

OPEN Art Studio

FAMILY AND FRIENDS FRIDAY EDITION

Info: Every other Friday From 3 - 5PM

Join us this Friday with your family and friends for some fun art activities!

center4strength.org

Pillar of Strength: CONNECT

Gather to build and maintain relationships and laugh a little.

2024 Vision Boarding

Learn how you can incorporate serenity and healing by taking intentional time to listen to the still small voice within. We document our hopes for the new year by connecting our values to our vision for 2024.

Invite a friend & Sign up today!

1.23.24
6p - 7:30p
Adults 16+
(in person)

1.30.24
6p - 7:30p
May 7th Staff
(virtual)

Love is patient, love is kind. It does not boast, it is not proud. It is not rude, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always perseveres. Love never fails. 1 Corinthians 13:4-7



OPEN Art Studio

FAMILY AND FRIENDS
FRIDAY EDITION

Info:
Every other Friday
From 3 - 5 PM

NEW DATE

Join us on Fridays with your family and friends for some fun art activities!



GO TEAM
THERAPY DOGS

Come hang with our loving furry friends!

1st Fridays!
(11a to 12:45p)

3rd Wednesdays!
(3p to 4p)

Click the graphic for more info & to sign up:

Reminder

Thursday, January 18th 2024
Zero Session, 3pm - 4pm
Middle School DND
Meeting every other Thursday,
3pm - 4pm

Monday, January 22nd 2024
Zero Session BOTH groups, 1/22, 3pm - 4pm
High School DND
Mondays, 3pm - 4pm



Pillar of Strength: DO

Engage in activities that promote health and wellness.

SHOW UP 2 RANK UP: MARTIAL ARTS



Secondary:
Thursdays at 3:15 PM

High School:
Mondays from 10 AM -
10:30 AM

Facilitated by Nikki Douglas and
Mac Figueroa

Click the graphic for more info & to sign up:

MORNING WARMUP:
TRAUMA INFORMED YOGA
(ALL LEVELS)

Ages: 16+
Tuesdays from 8:00 - 9:15 AM
(1 hour yoga, 15 minute reflection)

SIGN UP NOW!

E.M.E.R.G.E.
Inside Out
with Devon Edwards, LPCC, MA

This "Inside Out" series of our EMERGE group is an expressive arts group to help support emotional and social skills in children 3rd - 6th grade.

Mondays - starting 1/22
5pm to 4pm (Middle school)
2:35p to 4p (Elementary)
@ Center for Strength

Activities include:
Play, writing, drama, dance,
movement, painting, music &
MORE!

enrollment only!

BREATHE
STRETCH
REST

Trauma-Informed Yoga
All Levels Welcomed

Every Thursday
6:30 - 7:45 PM

Ages 16+

Facilitated by Beth
Horowitz



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:



RECOUP

PARENT/CAREGIVER SUPPORT GROUP

Join us for this drop in parent/caregiver support group where you may find:

- Recharging
- Empathy
- Community
- Openness
- Understanding
- Purpose

Mondays Jan 22- April 29th
3-4 PM
Chill Room
No Group 2/19 or 3/18


FACILITATED BY JENNY ROBBINS, LPC, CBC



Sign Up Here






SCAN ME



S.O.L.A.C.E

A SAFE SPACE FOR ALL!

EVERY WEDNESDAY
 FROM 3:15 - 4:30 PM

FACILITATED BY:
 JAMES NEE, LCSW & JJ
 HORLACHER

GREEN LEAF SOCIETY SPRING EDITION: PEER2PEER GARDENING GROUP

GRAB A FRIEND AND JOIN YOUR PEERS THIS SPRING TO LEARN ABOUT PLANTS AND WELLNESS!

INFO:
 EVERY OTHER TUESDAY
 3:15 TO 4:15




Pillar for Strength: HEAL

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

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!

STAY TUNED FOR
THESE NEW
PROGRAMS IN 2024!

Chair Yoga
(evenings)

Breathwork
with Alaina

Expressive
Art with
Niki

Music
Writing/
poetry

HydroIV -
take
care of
YOU!

SAVE THE
DATE

FEB 13
6:30P-7:30P

ALUMNI
STUDENTS (16+)

Meet NourishEd.



NOURISHED COLORADO IS
A TEAM OF REGISTERED
DIETITIANS IN DENVER
HERE TO HELP YOU
RECOVER FROM CHRONIC
DIETING, DISORDERED
EATING, OR AN EATING
DISORDER.

FEB 27
6:30P-7:30P

COMMUNITY MEMBERS
PARENTS/CAREGIVERS
SCHOOL STAFF
FIRST RESPONDERS

Sign up at www.center4strength.org!

Help fill the Center!



CENTER FOR STRENGTH Snack Donations

We are so happy to provide a safe space for our Community. As we enter our last year we want to continue to provide our clients/students with a well-stocked snack cabinet. We are looking to our community to help us provide snacks and drinks for all our clients.

All items can be shipped or dropped off at the Center Mon-Fri 9-5

Monetary donations
If you wish to contribute a monetary donation, a check can be written out to:

AllHealth Network attn:
Center for Strength (snack donations)
116 Inverness Dr.
Englewood, CO 80112

You can also venmo:
@Randy-Booton (2497)

SIGNUP
HERE



640 Plaza Dr. Suite 130 / Highlands Ranch, CO 80129 / 303.872.3040 / center4strength.org



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 >>>](#)



RESILIENCY REIMAGINED PODCAST WITH EVAN FORSTER

THIS PODCAST WILL BE RETURNING WITH NEW EPISODES. MAKE SURE TO STAY TUNED!



Resiliency Reimagined is a podcast centered around recovery after mass violence incidents and trauma recovery. Our hope is that listeners recognize that recovery after Mass Violence looks different for everyone, and to highlight different ways that helpers can help impacted communities.



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

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