

Center for Strength



Weekly Email

RESILIENCY REPORTER

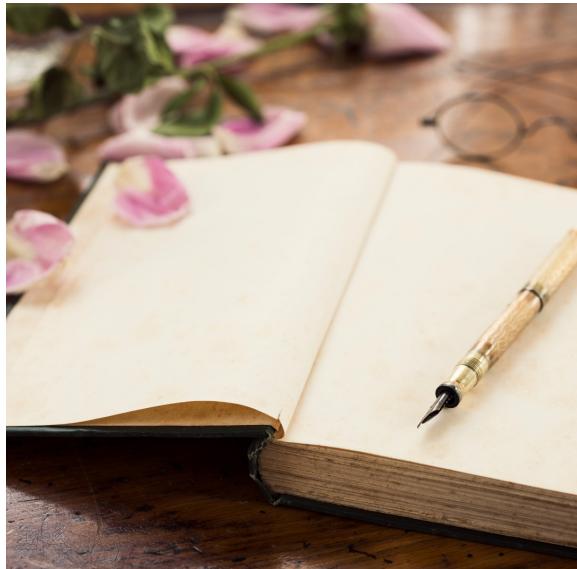
Engaging in a self-care routine helps reduce or eliminate anxiety and depression, and increases happiness. It can help you adapt to changes, build strong relationships, and recover from setbacks.

By incorporating self-care activities into your regular routine, like going for a walk or socializing with friends at the Center, you give your body and mind time to rest, reset, and rejuvenate, so you can avoid or reduce the symptoms of stress and anxiety.

We have various activities next week that can help you look after yourself when you need it the most.

Pillar of Strength: Learn

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



Open Art Studio
Decorate a journal

February 22
11:00 am - 1:00 pm
[At the Center](#)
[For everyone](#)

Come to the Center and express yourself! You can create what's on your mind and have the room for freedom to express your growing creativity in a safe and non-competitive environment.

[Sign Up Here](#)



[Sign Up Here](#)

Open Art Studio – Evening Edition
Make a Gift of Love for Yourself or
Someone You Love

February 23rd
4:00 pm - 6:00 pm
[At the Center](#)
[For everyone](#)

Join [Tammy Horlacher, Center for Strength](#)
Activities Coordinator as we create self care
kits.

The kits can be used to cope when we are
having anxiety, stress, or disruptive thoughts.

We will decorate your boxes, and then make
mini sensory jars, putty, and votive candles.
We will then add lyrics or quotes to a journal.



Dr. Keri Johns
CBT Denver

Center for Strength Lunch & Learn

[Sign Up Here](#)

Lunch and Learn- Cognitive Skills

February 28th
12:00 pm - 12:30 pm
Online
[For 16 years and up](#)

*20 minute presentation with 10 minute Q&A
at the end.*

Cognitive Behavioral Therapy (CBT) is
supported by research as an effective
modality for treating trauma and stress
responses.

These stress reduction exercises are
foundational practices for managing the
physical stress response and triggered anxiety
responses, which result from traumatic
experiences.

The goal of this program is to provide simple
skills that participants will have the
opportunity to practice and find one or more
that is effective for them.

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