

Center for Strength



Weekly Email

RESILIENCY REPORTER



YOU'RE INVITED To
our [Rays of Resilience Wellness Fair!](#)

WHEN?

Thursday, December 13th

6pm to 8pm

WHERE?

STEM School Highlands Ranch
Elementary School Entrance
8773 S Ridgeline Blvd,
Highlands Ranch, CO 80129

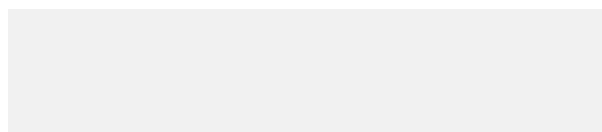
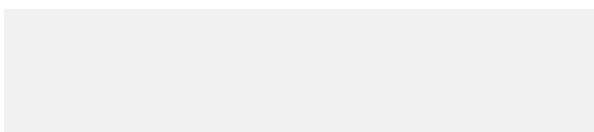
Why?

The purpose of our Fair is to bring our community together to learn about local resources that support recovery and resilience.

We will be raising awareness through our Pillars of Strength
CONNECT . DO . LEARN . HEAL

The idea of "rays of resilience" is that each ray highlights resources and tools that support our recovery and resilience through trauma.

Meet Our Community Resources!





*Gather, build and
maintain relationships*

Rebels Project

Peer-led community survivors of
mass tragedy community

**Douglas County Healthy
Youth Coalition**

Youth community & resources

GoTeam Dogs

Therapy Dogs



Promoting Health & Wellness

Mac Figuerora & Niki Dougal

Self Defense

Beth Horowitz

Trauma informed yoga



*Strategies, insights, and understanding
related to trauma recovery*

Bethany Laurie MA

Mindfulness Practices & Workshops

Jenny Robbins MA, LPC, CBC

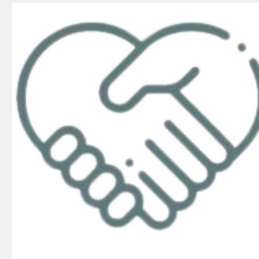
Creative Expressive Arts

Fusion Sports Rehab

Exercise & Nutrition

Braincode Center

Neurofeedback & supplemental
treatment options



Mental health services

I Matter

Free youth counseling services

AllHealth Network

Individual, family and group services

Second Wind Fund

Youth Suicide Prevention

Raffle prizes worth \$200 and up!

[More Information & Sign Up Here](#)

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www.center4strength.org

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