

Center for Strength



Weekly Email

RESILIENCY REPORTER

For many people, the first thing that comes to mind when asked about meaningful connections are heart-to-heart talks. These are key moments of meaningful interactions. One person opens up about something personal, often emotional and vulnerable, and in return another person communicates understanding, acceptance and care.

Of course, each person has different preferences for ways of connecting that help them to feel close to others. The Center has different ways in which you can engage with others in our community. If you love to talk about your resilient journey, we have upcoming book workshops that will give you the platform to express yourself. If you would rather connect through activities we have our Green Leaf Society where you can learn to nurture how you feel through gardening.

Moments of connection do not need to be extravagant or extraordinary it's up to you to choose what works for you.

Pillar of Strength: Learn

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

Body Keeps the Score Workshop

1st Meeting - Monday, February 13th

9am to 10am for 8 weeks.

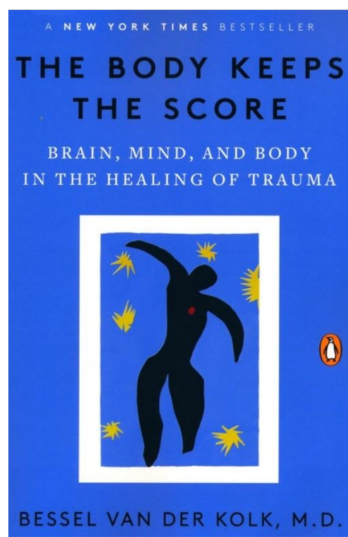
Location: Center for Strength, Chill Room

Book and workbook are provided

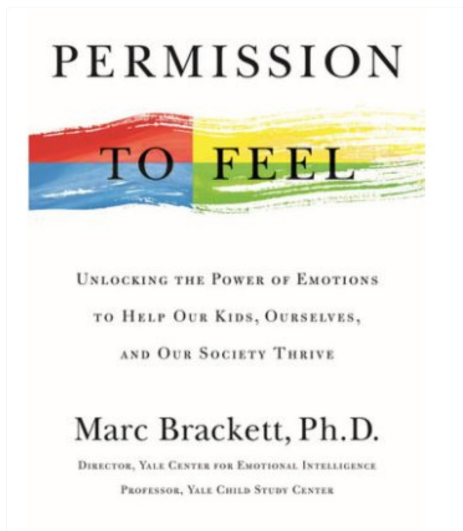
For 16 years and up

"The Body Keeps the Score" by Dr. Van Der Kolk is an overview of the relationship between our bodies and minds. Our book workshop will seek to better understand how trauma affects our mind and body, and how

we can change the way we process this information, with a community of our peers



[Sign Up Here](#)



[Sign Up Here](#)

Permission to Feel Workshop
1st Meeting - Tuesday, February 14th
9:45am to 10:45am for 5 weeks.
Location: Center for Strength

Book and workbook are provided
For adults

"Permission to Feel" by Marc Brackett reveals that our emotions play a vital role in our cognitive processes, physical health, and relationships – but most of us don't know how to identify exactly what we're feeling, and why.

Pillar of Strength: Connect

Gather, build and maintain relationships, and laugh a little

Green Leaf Society
Every other Tuesday
February 14th & 28th
3:15pm - 3:45pm

In person
Elementary & Up Welcome

Led by:
Sean Meinkrantz,



"To plant a garden
is to believe in
tomorrow"
-Audrey Hepburn

[Sign Up Here](#)

Junior at STEM Highlands Ranch
Tammy Horlacher,
Activities Coordinator, Center for Strength

In this peer lead gardening club, you will learn how to grow spider plants and explore the parallels in taking care of plants and ourselves through science and art.

S.O.L.A.C.E.
Spaces of Love And Connection w/ Equity

Every other Friday
3:15pm -4:30pm
February 17th

Location: Center for Strength
For Middle Schoolers and High School

Come to our fun peer hangout time. This is your chance to build authentic relationships with new friends or connect with old ones.

This isn't a formal activity it's just a chance for anyone to come and hang out, talk or *just be!* This is a safe space for LGBTQ+ individuals.

Feel free to bring a friend!

Pizza and snacks will be served!

This is a drop in event.

Follow Us:



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

[Unsubscribe mkorth@allhealthnetwork.org](mailto:unsubscribe@mkorth@allhealthnetwork.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by jess@stemcenterforstrength.org in collaboration
with



Try email marketing for free today!