

Summit School District is committed to supporting the mental, social-emotional & behavioral health of staff and students, and we are fortunate to partner with many community organizations that support mental health. During these times of stress and uncertainty as we navigate the 2020-21 school year, the mental health effects of COVID-19 are as essential to address as are the physical health effects. Find resources below to support you and your family members during this time.

[HAGA CLIC AQUÍ PARA ESPAÑOL](#)

## EVENTS FOR SCHOLARS

### The HYPE

The HYPE is a new Building Hope youth connection program, in partnership with SSD, providing free activities and events. These events are free and fun while providing connection and an opportunity to gain self-confidence and a stronger sense of self.

Events are open to all local youth ages 12-20. [\(Click to view the HYPE flyer\)](#)

### REFLECT & CONNECT

Building Hope and SSD invite middle school and high school scholars to participate in a group aimed at providing support and helping you to feel connected. Community mental health providers will offer a safe and supportive space for group members to discuss the feelings they are having in this difficult time. We recommend all scholars **reach out to their counselor** as well if in need of support.

For all middle school & high school scholars. Sessions will be held in English.

[\(SMS Scholars - Contact your school counselor to get connected\)](#) [\(SHS/SP Scholars - Click to view the Scholar flyer\)](#)

### SUMMIT COUNTY TEEN CENTER

The Teen Center has updated their hours from November 30 - December 18, Monday - Thursday, 7:30am - 3:30pm.

Available for scholars ages 8-17. [\(Click to view the Teen Center flyer\)](#)

### BRAVE SPACES

Brave Spaces is a trauma informed movement class created to safely release trapped stress in the body. Youth will be led through yoga shapes and practices in an invitational language allowing for self-regulation and empowerment.

For everyone 13 years and older. No yoga experience necessary. [\(Click to register\)](#)

## EVENTS FOR PARENTS/CAREGIVERS

### COMMUNITY CAFÉ (IN ENGLISH)

Parents, we will talk about ways you can support yourselves, your young people, and each other. Hear from community mental health experts about how to connect in relationships, navigate together, and gain more information & resources.

For all parents of SSD scholars. Sessions will be held in English.

[\(Click to view the flyer\)](#)

### REFLECT & CONNECT (IN ENGLISH)

Building Hope and SSD invite parents to participate in a group aimed at providing support and helping you to feel connected. Community mental health providers will offer a safe and supportive space for group members to discuss the feelings they are having in this time.

For all parents of SSD scholars in 3 groups: All Parents, Elementary Parents and Secondary Parents. Sessions will be held in English.

[\(Click to view the flyer\)](#)

### CAFECITO COMUNITARIO (EN ESPAÑOL)

Padres, hablaremos sobre las formas en que pueden mantenerse a sí mismos, a sus jóvenes y entre sí. Escuche a los expertos en salud mental de la comunidad sobre cómo conectarse en las relaciones, navegar juntos y obtener más información sobre los recursos.

Para todos los padres. Las sesiones serán en español.

[\(Haga clic aquí para ver el folleto\)](#)

### REFLEXIÓN Y CONEXIÓN (EN ESPAÑOL)

El SSD y la organización "Building Hope" invitan a los padres a participar en un grupo diseñado para dar apoyo y ayuda para que se sientan conectados. Los proveedores de salud mental de la comunidad ofrecerán un espacio de apoyo y protección para los miembros de grupos y platicar de los sentimientos que se están teniendo en estos tiempos.

Es para todos los padres de SSD. Las sesiones serán en español.

[\(Haga clic aquí para ver el folleto\)](#)

### KITCHENS TO CLASSROOMS

In a live presentation and Q&A, parents will be provided with quick research-based strategies to support scholars of all ages to be successful when kitchens have transformed into classrooms. Join SSD's Behavioral Specialist to learn how to quickly apply new strategies to support families by further creating positive learning and living environments. For all parents. [\(Click to view the flyer\)](#)

# D E C E M B E R 2 0 2 0

Updated Dec 1, 2020

MON	TUES	WEDS	THURS	FRI
	1.	2.	3. 3pm <b>The HYPE:</b> Linocut Printmaking Class <a href="#">(Click to register)</a>  4:30pm <b>Reflect &amp; Connect</b> Scholars in 11 & 12 Grade <a href="#">(Click to view the flyer)</a>  5pm <b>Reflect &amp; Connect</b> English - All Parents <a href="#">(Click to view the flyer)</a>	4. 10am <b>Reflect &amp; Connect-</b> English Elementary Parents <a href="#">(Click to view the flyer)</a>
7. 4:30pm <b>Kitchen to</b> <b>Classroom</b> - All Parents <a href="#">(Click to view the flyer)</a>	8. 4:30pm <b>Reflect &amp; Connect</b> Scholars in 9 & 10 Grade <a href="#">(Click to view the flyer)</a>  6pm <b>Community Café</b> English - All Parents <a href="#">(Click to view the flyer)</a>  6pm <b>Cafecito Comunitario</b> Español - Todos los Padres <a href="#">(Haga clic aquí para el folleto)</a>	9. 12pm <b>Reflect &amp; Connect</b> English - Secondary Parents <a href="#">(Click to view the flyer)</a>  3pm <b>Kitchen to Classroom</b> - All Parents <a href="#">(Click to view the flyer)</a>	10. 4:30pm <b>Reflect &amp; Connect</b> Scholars in 11 & 12 Grade <a href="#">(Click to view the flyer)</a>  5pm <b>Reflect &amp; Connect</b> English - All Parents <a href="#">(Click to view the flyer)</a>  5pm <b>Brave Spaces</b> trauma informed movement <a href="#">(Click to register)</a>	11. 10am <b>Reflect &amp; Connect-</b> English Elementary Parents <a href="#">(Click to view the flyer)</a>
14. 4:30pm <b>Kitchen to</b> <b>Classroom</b> - All Parents <a href="#">(Click to view the flyer)</a>	15. 4:30pm <b>Reflect &amp; Connect</b> Scholars in 9 & 10 Grade <a href="#">(Click to view the flyer)</a>	16. 12pm <b>Reflect &amp; Connect</b> English - Secondary Parents <a href="#">(Click to view the flyer)</a>  3pm <b>Kitchen to Classroom</b> - All Parents <a href="#">(Click to view the flyer)</a>  6pm <b>Community Café English</b> - All Parents <a href="#">(Click to view the flyer)</a>  6pm <b>Cafecito Comunitario</b> Español - Todos los Padres <a href="#">(Haga clic aquí para el folleto)</a>	17. 3pm <b>The HYPE:</b> Winter Land Art <a href="#">(Click to register)</a>  4:30pm <b>Reflect &amp; Connect</b> Scholars in 11 & 12 Grade <a href="#">(Click to view the flyer)</a>	18. 10am <b>Reflect &amp; Connect-</b> English Elementary Parents <a href="#">(Click to view the flyer)</a>  TBA <b>The HYPE:</b> Movie Night <a href="#">(Click for more info)</a>

# J A N U A R Y 2 0 2 1

MON	TUES	WEDS	THURS	FRI
4.	5. 4:30pm <b>Kitchen to Classroom</b> - All Parents <a href="#">(Click to view the flyer)</a>	6. 12pm <b>Reflect &amp; Connect</b> English - Secondary Parents <a href="#">(Click to view the flyer)</a>	7. 3pm <b>The HYPE:</b> Linocut Printmaking Class <a href="#">(Click to register)</a>  5pm <b>Reflect &amp; Connect</b> English - All Parents <a href="#">(Click to view the flyer)</a>	8. 10am <b>Reflect &amp; Connect-</b> English Elementary Parents <a href="#">(Click to view the flyer)</a>
11.	12.	13. 12pm <b>Reflect &amp; Connect</b> English - Secondary Parents <a href="#">(Click to view the flyer)</a>	14. 5pm <b>Reflect &amp; Connect</b> English - All Parents <a href="#">(Click to view the flyer)</a>	15. 10am <b>Reflect &amp; Connect-</b> English Elementary Parents <a href="#">(Click to view the flyer)</a>
18.	19.	20. 12pm <b>Reflect &amp; Connect</b> English - Secondary Parents <a href="#">(Click to view the flyer)</a>	21.	22.