

Center for Strength Updates

23

24



Our Goals at a Glance

These are goals we're working on based on our team's key strategies for the remaining year.



**Regular & final programs,
prepare for May & Beyond**

April



**May 7th Commemoration
May 31st Farewell
Celebration**

May



**The Healing Continues
(Resource Guide)**

Beyond



Your Support

These are ways we asking for your assistance.

01


Donations to fund the
food at the final
events

02

Bridge connections
with survivors at these
events

03

Partner and build
ongoing resources for
the school





01

Donations & Funding

\$1200 balance from Colorado Healing Fund.

Need \$750 to execute all food goals.

The grant does not cover food. These are food needs!





Donations in the form of money and/or food

canva.com

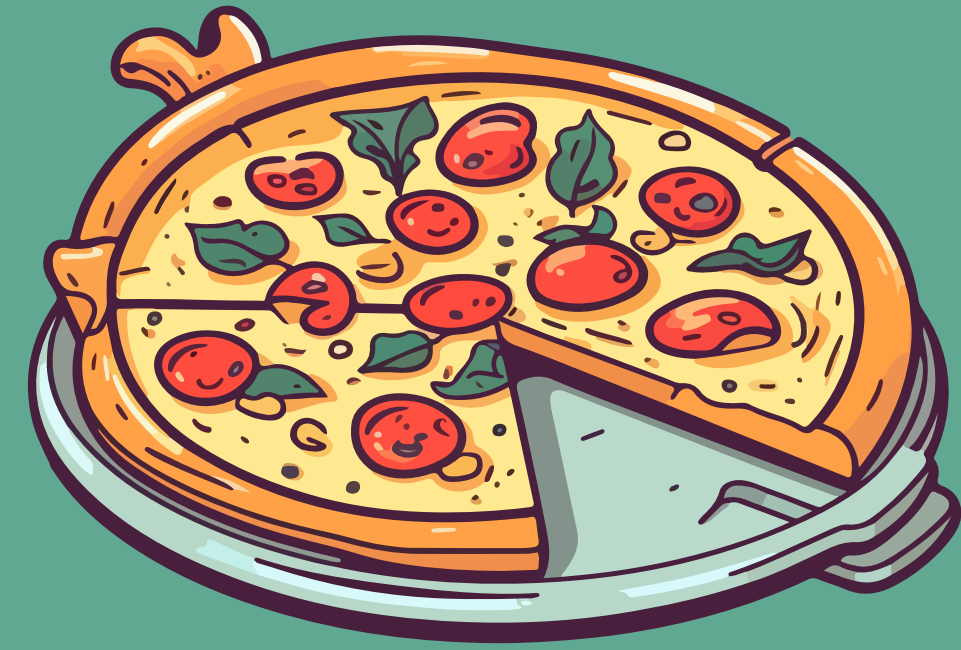
This is where we need you!
For a proper farewell to closing the Center, we need to raise \$2,000 to accomplish our closing activities.
See the breakdown below and how to donate!

<u>Snacks and Programming</u>	<u>Community Gatherings</u>	<u>May 7th Commemoration</u>
\$500 Snacks for all regular programming and in house groups	\$120 May 7th Staff Gathering	\$500 May 7th Commemoration at Civic Green park: dessert truck, waters, snacks
\$500	\$100 Staff/Alumni gathering: food, snacks, drinks	\$500
	\$300 Center Farewell Celebration: food truck, waters, snacks	
	\$520	
	\$750 Need to fundraise	

If you would like to donate snacks, they can be shipped or dropped off at the Center Mon-Fri, 9-5.
640 Plaza Dr STE 130
Highlands Ranch, CO 80129
303-872-3040

Monetary Donations
If you wish to contribute, a check can be written to:
AllHealth Network Attn: Center for Strength (snack donations)
116 Inverness Dr.
Englewood, CO 80112
You can also Venmo: @Randy-Booton (2497)

Icons: Hands holding a heart, Open book, Person running, Two hands shaking.



Food brings people
together





02

Bridge Connections

Attend events/programs being held by the Center/partners.
Stay connected with current May 7th staff/students with intention.

What is the main reason you have used services at the Center for Strength?

"Just a calming safe space I needed a lot when I was at stem especially because it helped me better cope with the trauma even after"

"I use the services at the center to help myself take a break from school and give myself a minute to recover from the stress and worry of the day. It is highly beneficial to my mental health, and it has overall been a great way to decompress and heal"



4
April

Upcoming Events

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



CONNECT * DO * LEARN * HEAL

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

Programming - Elementary/Middle School/High School

TUE - 4.9, 4.23 - 3:15p-4:15p - **Green Leaf Society** (Teens)

Weekly

MON - 12p-1p - **Transition to College**: 4-week mental health series (ends 4.15)

MON - 2:30p-4:00p- **EMERGE Inside Out** (3rd-6th Graders)

WED - 3:15p-4:30p - **SOLACE** (LGBTQ+ Teens)

Programming - 16yrs+/Adults/Alumni/Staff

FRI - 4.12 - 4:00p - 7:00p - **Art with Niki and Staff Happy Hour**, Blue Spruce (May 7th Staff)

TUE - 4.23 - 6:00p-7:00p - **Parent and Caregiver Art with Niki** (Adults)

Weekly

SUN - 6:45p-8:00p - **Restorative Yoga** (Adults)

Mon - 3:00p-4:00p- **RECOUP Support Group** (Parents/Caregivers)

Mon - 5:15p-6:00p **Propped Up: Chair yoga and Breathwork** (16+)

TUE - 8:00a-9:15a - **Morning Warm Up: All Levels Flow Trauma-Informed Yoga** (16+)

THU - 6:30p-7:45p - **Breathe, Stretch, Rest: Trauma-Informed Yoga** (Adults)

★ Super Smash Tournament April 26th 10-2 ★

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

TUE - 3:00p-4:00p - **Community Art with Niki** (Everyone) 4.2, 4.16, 4.30

THU - 3:00p-5:00p - **Open Art Studio - Afternoons!** (Everyone)

4.4 Upcycled Garden Tile 4.18 Pour Paint

FRI - **GO Team Dogs** - 4.12 - 11a - 1p // WED 4.24 - 3p - 4p

Weekly

WED - 11:45-1:35p **Open Art Studio** (Everyone)

4.3 April Sprites 4.10 Relaxing Watercolor 4.17 Pour Paint Hearts 4.24 Pomander Ball



Resiliency
Reimagined
New Episode
March 9th



PODCAST

highlights

Parent-led
book club

"The Pain We Carry:
Healing from Complex PTSD
for People of Color"

SPRING BREAK

THE CENTER WILL HAVE
MODIFIED HOURS

3/18 - 3/22

10AM TO 2PM

ALL Programs are cancelled, except BSR Yoga.
We are available online and via phone:
contact@center4strength.org
303-872-3040

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!



Transitioning 2 College:

4-week mental
health preparation
series
with Devon Edwards

Starting 3/25

Mondays @Noon



**PARENTS & CAREGIVERS
ART WORKSHOP**

FACILITATED BY NIKI

**MARCH 26, 2024
6PM - 7PM**

03

Partner and Build

Staff trainings and
support groups

Safe spaces & support
groups for students

Trauma-informed Social-
emotional learning &
events



391

Survey responses

What else would you like us to know about the services at the Center for Strength or a potential future youth drop-in center?

"I do believe the center has been a refuge for a lot of kids and has had a positive trickle down effect on their families, the STEM community and the surrounding community. It has become a major part of people's lives, and who knows...it may have helped kids who were experiencing feelings that would've led to another significant event."

"I volunteered at the center for strength. I did not use the services but I talked with so many of my fellow students who came in. It is a very important place for many, whether it be for mental health reasons or a means of staying somewhere safe while waiting for their parents. Even now with me being in college, I still feel the effects of may 7th. The center of strength has helped me be with a community that all suffered the same events as I have. That is a very important thing for many, even more so for the younger children who will grow to find the significance of the event. They will need help, and a community to talk to."

What are the needs?



Staff trainings, groups, and activities

Phase 1



Safe spaces & support groups for students

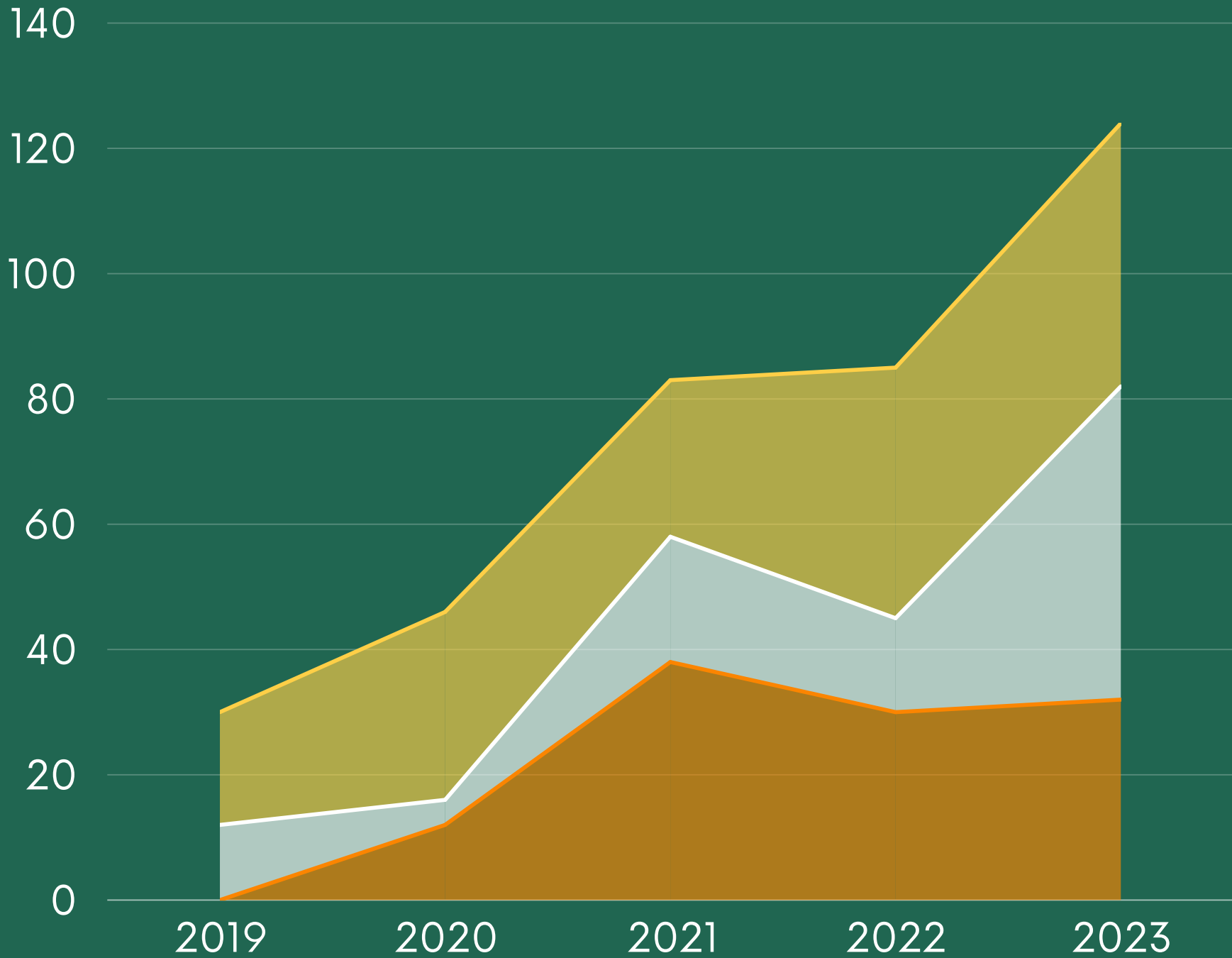
Phase 2



Trauma-informed approach
Social-emotional learning & events

Phase 3

We learned
the impacted and
indirectly affected have
benefited from the
services at the Center





Action Items for The Board

These are items from our team asking for our assistance.

01


Work with the Center to collaborate on what is working to fulfill the needs

02

Call to action:
Donations!

03

Tap into existing resources, partnerships, and survey results



Thank You



Center4Strength