



February invites us to pause and reflect on the many ways connection, care, and community show up in our lives and our work. As we move through this month, we celebrate both the relationships that sustain us and the shared history and values that continue to shape our mission.

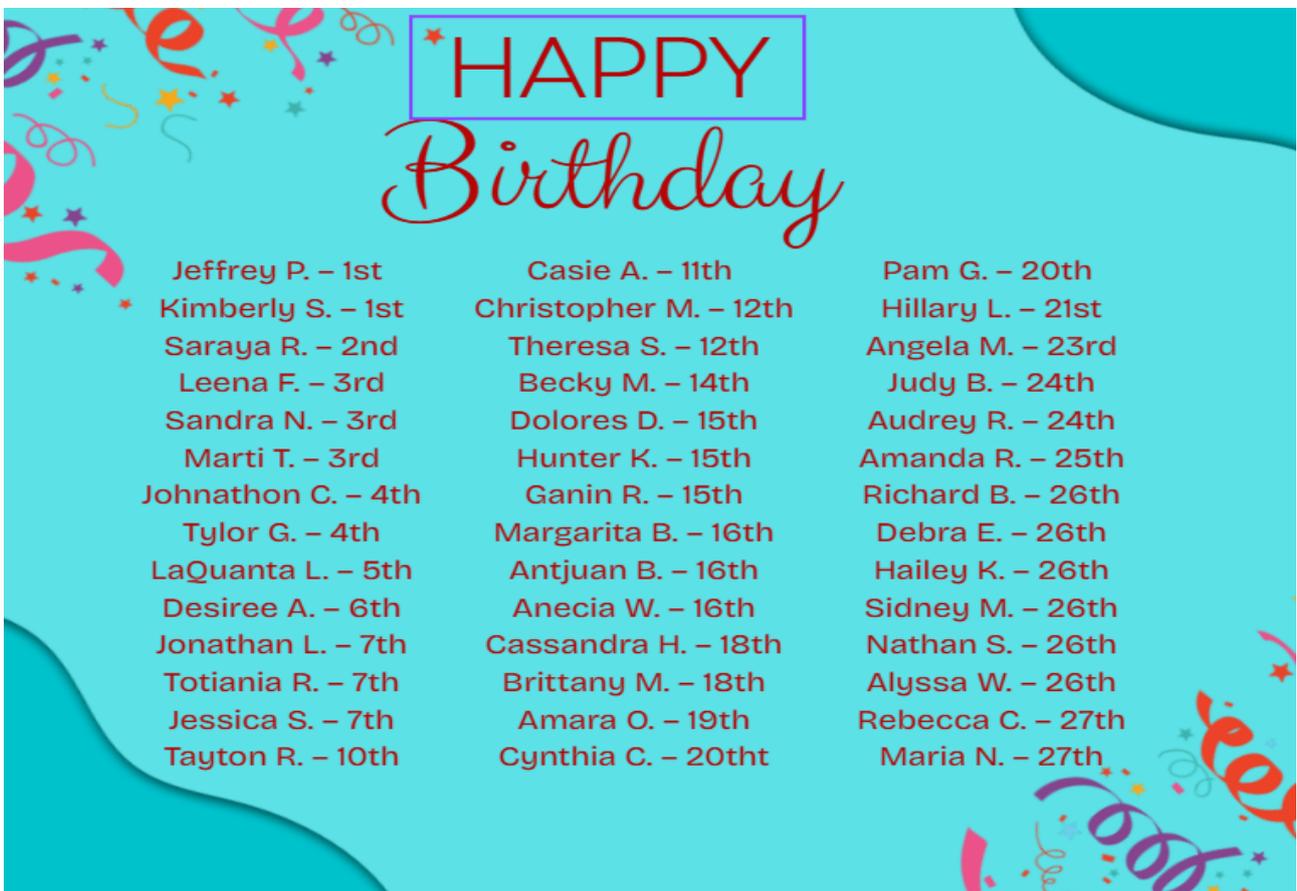
This month includes moments of appreciation and recognition—whether it's honoring Black History Month and the enduring contributions, resilience, and leadership of Black communities, celebrating love and kindness in all its forms around Valentine's Day, or taking time to reflect and recharge during the Presidents Day holiday. Each offers an opportunity to reconnect with one another and reaffirm what matters most.

We're reminded that meaningful change is built through compassion, understanding, and everyday acts of care. The work you do—often quietly and selflessly—continues to strengthen our community and create lasting impact.

Thank you for the heart, dedication, and commitment you bring to our mission. Your efforts make a difference every day, and we are grateful to walk this path alongside you.

As February unfolds, we hope it brings moments of warmth, reflection, and connection. May this month be filled with appreciation, purpose, and renewed energy as we continue moving forward—together.

~PPRS Admin Team~



YMHFA NEWSLETTER



Be the Support a Young Person Needs: For ages 12–18



WHAT IS YMHFA?

Youth mental health first aid teaches adults and teens how to recognize, respond to, and support adolescents experiencing mental health challenges - until professional help is available.

WHAT YOU'LL LEARN:

🔍 Recognize the Signs

Depression, anxiety, eating disorders, substance use, ADHD, crises

💬 Build Confidence

How to start supportive, non-judgmental conversations

🛑 Provide Immediate Support

Learn the ALGEE Action Plan

🤝 Connect to Help

Guide youth and families to professional resources

🚨 Respond in a Crisis

Know what to do if a young person is in serious distress

WHY IT MATTERS:

- Mental health challenges often begin in adolescence
- Early support can prevent long-term issues
- Reduces stigma and encourages youth to seek help

THE IMPACT

- ✓ Builds caring communities
- ✓ Empowers peers
- ✓ Creates safe spaces for youth
- ✓ Saves lives through early intervention

BE PREPARED. BE SUPPORTIVE. BE A LIFELINE.
YOUTH MENTAL HEALTH FIRST AID MAKES A DIFFERENCE.

For more information, please visit our website. There you will find different class options and the links to sign up and pay for your course!

<https://pikespeakrespiteservices.com/ymhfa-class>

Check-In Messages *for* Loved Ones

Without Expecting a Reply



..... Ordinary & Happy

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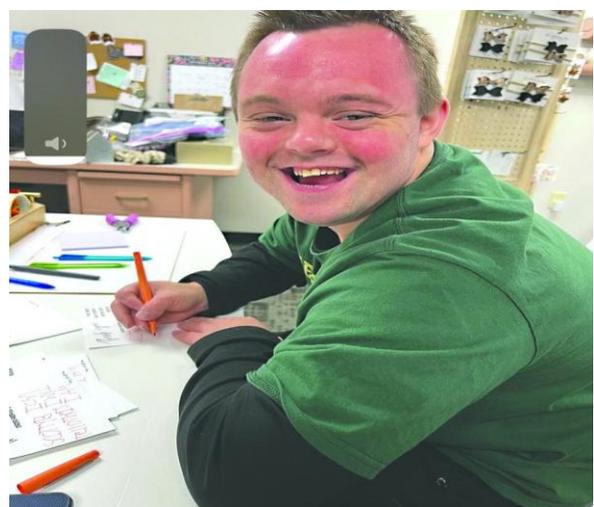
- Just thinking of you today and reminiscing about some of the fun times we've had. No need to reply, just wanted to send a little love and warmth your way.
- Never forget that you're always surrounded by our love and support, no matter the day. Love you.
- Whatever you achieve today, take a moment to acknowledge it. The small wins add up. Be proud, because I always will be.
- I know how strong you are and the strength you're showing every day.
- You're showing so much courage right now. Every step forward you take is a huge win.
- Just sending you a little moment of calm and love on a busy day. I know you're doing so well and working so hard. Never forget how loved you are.
- You don't have to explain anything to anyone. Be unapologetically you. I'll always be here, no matter what.
- I know it's been a while, so I just wanted to check in and let you know I love you and miss you. No need to reply, I know things are so busy right now. Just know I'm here on those tough days.
- You're a shining light in all our lives. Never stop shining and never forget it. When you're ready, we'll have that catchup we talked about. Love you.
- A little reminder to be bold and trust everything you do. I know how hard you're working and how tough some days can be. I'm thinking of you.



February Self-Care Journaling

Ordinary & Happy

S	M	T	W	T	F	S
1 A word to guide you this month and why.	2 Reflect on any self-care activities you did in January and what worked.	3 What warmth feels like physically and in your heart.	4 Positive words you can say to yourself when you're tired.	5 Positive things to reflect on during a cold winter night.	6 Simple ways you can love yourself when you look in the mirror.	7 A boundary that can make you feel more valued.
8 Something that makes you feel strong.	9 Ways you can love yourself by doing less, not more.	10 Recount moments you felt deeply connected to someone.	11 What your love language is and examples of when you felt loved.	12 Items, decor, or mementos at home that remind you of love.	13 Simple, everyday acts of love that you or others may overlook.	14 What makes you feel loved right now.
15 Decisions you've made so far this year for yourself, not just others.	16 Identify moments of warmth and connection throughout this winter.	17 Something that feels easier now compared to the start of the year.	18 What you're ready to leave behind in winter once spring arrives.	19 What feels possible now that didn't before.	20 One way you've shown yourself you're able to navigate change this year.	21 One way you feel you've grown this year so far.
22 One thing you're ready to welcome into your life when spring arrives.	23 What you want to carry forward from winter into spring.	24 How you can make the most of the few minutes of additional light every evening.	25 Simple ways to bring more nature into your home.	26 Opportunities you're going to look for next month.	27 Ways you prioritized your self-care a little more this month.	28 What about spring can bring out the best version of you.



“A journal is your complete unaltered voice” – Lucy Dacus

HAPPY GROUNDHOG DAY



02 FEB.

BESTCOLORINGPAGES.NET





Materials

- Game sheet
 - 1 die
- Small items to cover hearts
(candy hearts, buttons, chips, or markers)

Directions

1. Roll the die.
2. Count the dots on the die.
3. Cover that many hearts in one row.
4. Take turns rolling and covering hearts.
5. Games ends when all hearts are covered.



US Presidents

Find all of the US President names. The names can be up, down, forward, backward, or diagonal.



ADAMS
 ARTHUR
 BUCHANAN
 BUSH
 CARTER
 CLEVELAND
 CLINTON
 COOLIDGE
 EISENHOWER
 FILLMORE

FORD
 GARFIELD
 GRANT
 HARDING
 HARRISON
 HAYES
 HOOVER
 JACKSON
 JEFFERSON
 JOHNSON

KENNEDY
 LINCOLN
 MADISON
 MCKINLEY
 MONROE
 NIXON
 OBAMA
 PIERCE
 POLK
 REAGAN

ROOSEVELT
 TAFT
 TAYLOR
 TRUMAN
 TYLER
 VAN BUREN
 WASHINGTON
 WILSON



Event Schedule

February

PPRS

Arvada

Coffee and Create: Van Gogh Boats



Where: 8485 Kipling St. Arvada, CO 80005

When: Sunday, February 1st, 1:30pm–3:00pm

What: Join us once a month for Coffee and Create, the perfect blend of art and inspiration. All supplies are provided, and all skill levels are welcome. Let's sip, create, and connect! For adults

TCG Club



Where: 8485 Kipling St. Arvada, CO 80005

When: Saturday, February 7th, 12:00pm–2:00pm

What: Looking to get into trading card games or enjoy some friendly competition? TCG Club is a great way to meet other players of Magic: The Gathering, Pokémon, Yu-Gi-Oh!, and more. Use our provided cards or bring your own deck and jump in. Open to teens in grades 6–12, meeting on the first Saturday of each month.

Mini Mardi Gras



Where: 8485 Kipling St. Arvada, CO 80005

When: Friday, February 13th, 11:15am–12:00pm

What: It's almost Fat Tuesday, and we're bringing the Mardi Gras fun to the library. Families are invited to stop by while little ones create colorful masks, dance to festive music, and parade with new friends in our Mini Mardi Gras celebration. It's a playful way for kids to be creative, build confidence, and connect with peers in a welcoming space.

Arvada winter Festival



Where: Olde Town Arvada Square, 5726 Olde Wadsworth Blvd

When: Saturday, February 28th, 11:00am - 4:00pm

What: For the second year in a row, Winterfest returns with a familiar Olde Town-style layout featuring two stages and a steady lineup of entertainment. Enjoy free, all-ages activities like live cultural performances including dragon and lion dances, live ice sculpting, plus craft vendors and food trucks for a full day of community fun.

Colorado Springs

Beginner Guitar & Ukulele Club

Where: 1821 S. Academy Blvd. Colorado Springs, CO 80916

When: Friday, February 6th, 13th, 20th, and 27th, 4:00pm–5:30pm

What: Learn basic chords and playing techniques at Studio916, Sand Creek Library’s free recording studio. No experience needed. For ages 9 and up. Registration is required for this four-part series on February 6, 13, 20, and 27. Register for the series through the first event at ppld.librarymarket.com. A library card is required.



Denver

Kid Homework Hangout

Where: 4856 Andes Ct, Denver, CO 80249

When: Monday, February 2, 3:30pm-5:30pm

What: Get homework help from teen mentors and boost your confidence while building skills in a friendly, supportive setting. Take charge of your learning!

Intended for Ages 5 to 12.



Museum

Where: Buffalo Bill Museum & Grave 987 1/2 Lookout Mountain Rd. Golden, CO 80401

When: First Wednesday of the month from November through April and enjoy free admission.

What: Visit the Buffalo Bill Museum and Grave



Denver Museum of Nature and Science

Where: Denver Museum of Nature & Science 2001 Colorado Blvd. Denver, CO 80205

When: 2/1/2026, 2/9/2026, 3/6/2026, 4/13/2026, 4/26/2026, 6/19/2026, 8/24/2026, 9/1/2026, 10/11/2026, 11/7/2026, 11/16/2026

What: Satisfy your science curiosity during our SCFD Free Days and Free Nights.



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Ft. Collins

Wildlife Gardening Class

Where: Gardens on Spring Creek
2145 Centre Avenue
Fort Collins, CO 8052

When: Saturday February 21, 2026
10:00 am to 11:30 am

What: Discover the secrets to cultivating a thriving, low-maintenance garden that saves time and effort while enhancing biodiversity and beauty



Weekend Toons

Where: The Lyric - 1209 N. College Ave Fort Collins, CO 80524

When: 10:00 AM

Recurrence: Recurring weekly on Sunday, Saturday

What: Free Saturday and Sunday morning cartoons from 10am-noon with \$6 all you can eat cereal bar



Clothing Swap

Where: Old Town Library, Large Meeting Room Combo

When: Sunday, February 22, 2026, 2:00pm–4:00pm

What: Time to clear out the old and find something new! Join us for an all-ages clothing swap at Poudre Libraries. Get gently used, new-to-you clothing and accessory items while donating items of your own to support your community!

<https://poudrelibraries.librarycalendar.com/event/clothing-swap-26080>



Teller County



Ice Castles

Where: 339 Irene Avenue, Cripple Creek, CO 80813

When: Online reservations and schedule

What: With ice slides, ice sculptures and more, Cripple Creek, \$16-\$29. Go online for schedule and tickets: icecastles.com/cripple-creek-colorado.

Colorado Wolf and Wildlife Center Meet & Greet Encounter



Where: 4729 Twin Rock Road, Divide

When: Check-in at 8:45 a.m. with tour at 9 a.m. Tuesdays, Thursdays, Saturdays and Sundays

What: wolfeducation.org

Take Your Child to the Library Day



Where: Woodland Park Public Library, 218 E. Midland Ave., Woodland Park

When: Crafts, storytime and snacks, 10 a.m.-noon

What: 719-687-9281, Bethw@rampartlibrarydistrict.org.



PPRS Facebook Page

For the most up to date news and Events
like our Facebook Page

<https://www.facebook.com/PikesPeakRespiteServices>

**If you know of any events that would be of
interest to our Providers and Families
Let us know!!!**

PPRS is always on the lookout for things for our Providers
and Families to do.

We keep a close eye on upcoming events in the areas we serve.

Many times we find out about events a few days or a week before they happen, and always post them to
our Facebook Page!

Please like and share our Facebook Page to receive up to the minute news!

Here is a list of a few great places to look for events!

<https://www.pueblo.us/DocumentCenter/View/21015/Program-Guide?bidId=>

<https://www.coloradosprings.com/events/#/>

<https://www.pueblo.us/2801/Events>

<https://www.denver.org/events/>

<https://www.fcgov.com/events/>

<https://www.fcgov.com/recreation/special-events>

<https://www.peakradar.com/categories/free-events/>

<https://www.visitcos.com/events/>

<https://ppld.librarymarket.com/>

<http://pueblolibrary.libnet.info/events?et=Kits2Go>

<https://www.denver.org/events/free-events/>

<https://www.larimer.gov/events>

<https://poudrelibraries.evanced.info/signup/>

<https://denverlibrary.org/events>

fcgov.com/recreation

<https://coloradosprings.gov/>