



Newsletter



Welcome to the beautiful season of Spring! We are truly grateful and appreciate all that you do. Your dedication and hard work have a lasting impact, and we thank you for your continued commitment to providing exceptional care.

With spring in full bloom, it's the perfect time to embrace the fresh air, and the sense of renewal that this season brings. As nature awakens, we encourage you to take a moment to recharge, enjoy the outdoors, and embrace new possibilities.

This month, we also recognize **World Autism Awareness Day** on **April 2nd**. This important day is dedicated to increasing awareness, fostering acceptance, and advocating for individuals with autism. We encourage everyone to show their support by **wearing blue**, educating themselves on autism spectrum disorder (ASD), and promoting inclusivity in their communities. Together, we can help create a world that embraces neurodiversity and empowers individuals of all abilities.

Make sure to check out our event and resource links for upcoming events in the community! These opportunities are great ways to stay connected, learn, and engage with others.

Thank you for being an essential part of our team. We look forward to a season full of positivity and success together!

Thank You,
PPRS Admin Team



APRIL SOCIAL MEDIA HOLIDAYS 2025 | STRESS AWARENESS MONTH, MOVE MORE MONTH & CELEBRATE DIVERSITY MONTH

APRIL 1ST: APRIL FOOLS' Day 🤡 #APRILFOOLS

APRIL 2ND: WORLD AUTISM AWARENESS Day

APRIL 5TH: INTERNATIONAL DAY OF CONSCIENCE

APRIL 6TH: NATIONAL CARBONARA Day

APRIL 7TH: WORLD HEALTH Day 🩺 #WORLDHEALTHDay

APRIL 10TH: NATIONAL SIBLINGS' Day

APRIL 11TH: NATIONAL PET Day #NATIONALPETDay

APRIL 11TH: DAY OF SILENCE #DAYOFSILENCE

APRIL 12TH: INTERNATIONAL DAY OF HUMAN SPACE FLIGHT

APRIL 15TH: WORLD ART Day

APRIL 15TH: CHILDREN'S Day

APRIL 16TH: NATIONAL BANANA Day

APRIL 18TH: GOOD FRIDAY

APRIL 19TH: PATRIOTS' Day (USA) US

APRIL 20TH: CHINESE LANGUAGE Day CN

APRIL 20TH: EASTER SUNDAY #HAPPYEASTER

APRIL 21TH: EASTER MONDAY

APRIL 21ST: WORLD CREATIVITY AND INNOVATION Day 💡 #CREATIVITYANDINNOVATIONDay

APRIL 22ND: EARTH Day #EARTHDAY #INVESTINOURPLANET

APRIL 23RD: WORLD BOOK AND COPYRIGHT Day

APRIL 27TH: WORLD DESIGN Day 📐

APRIL 28TH: NATIONAL SUPERHERO Day

APRIL 29TH: INTERNATIONAL DANCE Day #DANCEDAY

APRIL 30TH: INTERNATIONAL JAZZ Day #JAZZDay

APRIL 30TH: STOP FOOD WASTE Day #STOPFOODWAST



World Autism Awareness Day – April 2nd

World Autism Awareness Day is an international observance dedicated to raising awareness about autism spectrum disorder (ASD) and promoting acceptance, inclusion, and support for individuals with autism. This day is an opportunity to educate the public about both the challenges and strengths of those on the spectrum, celebrate their contributions, and advocate for greater understanding in society.

What is World Autism Awareness Day?

This annual event highlights the importance of awareness and early intervention for autism spectrum disorder. Autism affects millions of people worldwide, influencing social interactions, communication, and behavior in unique and diverse ways. World Autism Awareness Day serves as a platform to address misconceptions and stigma, while also recognizing the valuable perspectives and talents that individuals with autism bring to their communities.

How Can You Show Your Support?

There are many ways to take part in World Autism Awareness Day and promote acceptance and understanding:

Light It Up Blue – Wear blue or light up your home/buildings in blue to show solidarity.

Educate & Advocate – Learn about autism and share information to promote understanding.

Support Inclusive Spaces – Visit businesses and organizations that foster autism-friendly environments.

Participate in Fundraisers – Join walks, events, or campaigns that support autism organizations.

Encourage Inclusion – Advocate for autism-friendly policies in schools, workplaces, and communities.

Engage on Social Media – Use #WorldAutismAwarenessDay and #LightItUpBlue to spread awareness.

A Global Movement

World Autism Awareness Day was established by the United Nations General Assembly in 2007 to encourage worldwide support for individuals with autism and their families. Since then, it has become a global movement, with events, educational initiatives, and advocacy efforts taking place worldwide, all aimed at fostering a more inclusive and understanding society.

Resources for Autism Awareness & Support

🌐 Autism Speaks (www.autismspeaks.org) – Information, resources, and advocacy for individuals with autism and their families. Support networks, educational materials, and community programs.

🏠 Organization for Autism Research (OAR) (www.researchautism.org) – Evidence-based tools for families, educators, and professionals.

National Autism Association (www.nationalautismassociation.org) – Safety and support resources for individuals with autism.

The Autism Project (www.theautismproject.org) – Training programs and workshops for parents and caregivers.

Let's work together to promote acceptance, inclusion, and support for individuals with autism—not just on April 2nd, but every day!



Autism Community Store

Family Support Session

Saturday, March 29th | 12-2 pm

- Learn self care and coping strategies
- Connect with other caregivers
- Receive and get connected to resources
- Feel less isolated

Food and a sensory craft will be provided.



Date:
SATURDAY, MARCH 29TH

Time:
12 PM – 2 PM

Location:
AUTISM COMMUNITY STORE
14095 E. EXPOSITION AVE
AURORA, CO 80012

DETAILS:
LEARN SELF CARE AND COPING STRATEGIES, CONNECT WITH OTHER CAREGIVERS, RECEIVE AND GET
CONNECTED TO RESOURCES, AND FEEL LESS ISOLATED.
FOOD AND A SENSORY CRAFT WILL BE PROVIDED.

REGISTER NOW:

Join representatives from Best Buddies Colorado for an informative presentation and an opportunity to ask questions and chat with other parents. Food will be provided and a sensory craft activity will be available for the kids.

Best Buddies® is dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities (IDD). Best Buddies is the world's largest organization dedicated to ending the social, physical, and economic isolation of the 200 million people with intellectual and developmental disabilities (IDD). Their Family Support program offers families the support and resources needed to navigate the journey of raising a child with IDD, including pairing parents new to a diagnosis with experienced parent mentors. For more information, contact: MadisonForristal@bestbuddies.org.



2025 COLORADO FREE DAYS

Denver Zoo 2300 Steele St. Denver denverzoo.org 1/10, 1/26 2/9 4/6 11/7, 11/15, 11/23 <small>Free Day tickets are only available online. Walk-ups will not be accepted on Free Days.</small>	Clyfford Still Museum 1250 Bannock St. Denver clyffordstillmuseum.org 4/27 6/29 7/27 11/8 (10am-10pm) <small>Free ticket registration opens one week before SCFD Free Day. Reserve in advance.</small>	Denver Botanic Gardens 1007 York St. Denver botanicgardens.org 1/20 6/10 2/13 7/3 3/10 8/27 4/22 11/28 <small>This event will sell out; get tickets in advance. No onsite tickets for sold-out days.</small>
Plains Conservation Center 21901 E. Hampden Ave. Aurora www.uncovercolorado.com 1/16 7/12 2/20 8/14 3/15 11/15 6/12 12/11 <small>This event will sell out; buy tickets in advance. No onsite tickets for sold-out days.</small>	Denver Museum of Nature & Science 2001 Colorado Blvd, Denver dmns.org 1/12 4/27 2/2 5/12 3/7 6/19 4/7 8/25 <small>TicketScene provides free online ticketing, promotion, and analytics.</small>	Four Mile Historic Park 715 S. Forest St. Denver fourmilepark.org 1/24 5/23 9/26 2/28 6/27 10/24 3/28 7/25 11/21 4/25 8/22 12/19 <small>Free General Admission is from 10am-4pm. Signature events are not included.</small>
Museum of Contemporary Art 1485 Delgany st. Denver mcdenver.org 1/4 5/3 9/6 2/1 6/7 10/4 3/1 7/5 11/1 4/5 8/2 12/6 <small>General admission is available Tuesday-Friday, noon-7 PM, and Saturday-Sunday, 10 AM-5 PM.</small>	Children's Museum 2121 Children's Museum Dr. Denver mychildsmuseum.org 5/16 8/15 6/20 9/19 7/18 <small>Tickets not available for purchase online.</small>	National Parks nps.gov 1/20 8/4 4/19 9/27 6/19 11/11 <small>On Free Days, entrance fees are waived, but some parks require reservations.</small>

AltitudeRealtyCO.com

FREE THINGS TO DO IN PUEBLO



Here, the spirit of adventure is alive and well, and it's as free as the mountain air. Whether you're basking in the golden hues of a high plains sunset or finding inspiration along the winding paths of local parks, Pueblo offers a wealth of experiences that enrich the soul without emptying the wallet. It's a place where every moment is an opportunity to discover something wonderful, and the best things in life truly are free.

- Historic Arkansas Riverwalk of Pueblo
 - Arkansas River Fishing
 - Frontier Pathways and Scenic Byway
 - InfoZone at Rawlings Pueblo Library
 - Pueblo Neon Alley
- Heroes Plaza – National Medal of Honor Memorial
 - Bishop's Castle – Rye, CO





🐰 Hop & Seek: The Ultimate Easter Egg Hunt! 🐰

Colorado Springs, get ready for the BIGGEST Easter event of the year! 🎉 Last year's Easter Bash was an incredible success with over 150 families joining in, and even a feature on the news! This year, we're making it even bigger and better – and we want YOU to be part of it!

📍 Location: Nancy Lewis Park (2617 Melissa Dr, Colorado Springs, CO 80907)

📅 Date: Saturday, April 19th

🕒 Time: 11 AM – 3 PM

🎟️ FREE ENTRY – Everyone is welcome!

🥚 Over 15,000 Easter Eggs to Find – Some with Special Prizes! 🎁 (Yes, some eggs will have gift certificates inside!)

🎤 Kids Talent Show – Let the little stars shine! ✨

🍕 Taste Wars: Pizza Battle – Two pizza food trucks go head-to-head! 🔥

📷 Meet the Easter Bunny – Photos & fun for the whole family! 🐰

🎮 Games, Music & Performances – Non-stop entertainment for all ages!

Lego Contest

🕒 Event Schedule:

✅ 11:00 AM – Event Kickoff 🎉

✅ 12:00 PM – Easter Egg Hunt Begins! 🥚👣

✅ 1:30 PM – Kids Talent Show 🎤🌟

✅ 2:30 PM – Taste Wars Winner Announced 🍕🏆

✅ 3:00 PM – Event Wrap-Up

🎁 Bonus: Each registered child will receive a special Easter basket with fun surprises!

✨ Let's make this an unforgettable Easter for our beautiful 719 community! 💖🥰 Tag your friends, bring your family, and get ready for an egg-citing day!

RSVP Link:

https://www.ticketleap.events/tickets/the-network-co/2nd-annual-easter-day-hop-and-seek-presented-by-all-care-solutions-featuring-the-vendor-takeover-1651344189?fbclid=IwZXh0bgNhZW0CMTAAAR0FJJoxEPnlRLHv_2qi-vJyq2j_V7-o3ug3KuFHlkFJq-HEld1koEhWrh0_aem_m9F_JljDXovvrOZvWTzgCA

Stand Up & Fight Back!

With this self-care toolkit brought to you by the



Teen Advocacy Board

Self-care as an individual, with your community, and with your inner circle.

Reflect

Return to nature - "Spending quiet time in nature helps me feel less overwhelmed." A.L.

Journal - "I write my feelings down or I talk to myself." O.J.

Self-expression - "I like to sing, dance or journal when I am feeling down or overwhelmed." M.W.

Recharge

Find reprieve in relationships - "Talk to my parents, my best friend, or my sister." E.J.

Decompress with activity - "Going on walks, listening to music, cleaning, sports, or baking." A.G.

Get active - "I enjoy hiking, running, mountain biking, or anything outdoors to take my mind off of my stress." R.W.

Connect

Take action in your community - "To help ground myself, I like to get involved with local volunteering opportunities." R.W.

"Joining new activities or trying to meet new people provides opportunities for happy feelings." M.W.

~ If you feel disconnected or unable to engage with these spaces, please consider the resources on the back of this bookmark. ~

Resources

As activists and social advocates, we may rush to care for others before ourselves. The best way to care for others and your community is to care for yourself first.

988 Suicide and Crisis Lifeline

Text or call 988 for support

American Foundation for Suicide Prevention

Suicide Prevention Resources



Society for the Prevention of Teen Suicide

Youth Resources



Below are some helpful apps favored by UCCS MSW students to help you stay on course with self-care.



Headspace -
Sleep and
Meditation



Finch -
Gamify Self-
Care

UCCS
Social Work
UNIVERSITY OF COLORADO
COLORADO SPRINGS

STAND UP & FIGHT BACK

Have you felt overwhelmed with the recent political events? Do you want to resist these policy changes?

These simple steps may help you stand up & fight back!

DO YOUR RESEARCH



Have you ever wondered how the companies you buy products from participate in politics?

Look them up here:
goodsuniteus.com
opensecrets.org

VOTE

Voting is an essential part of our democratic process. Make sure you are ready for the Midterm elections in November 2026!

Learn more about your local elections and how to register to vote:
Rockthevote.org
Vote411.org



USE YOUR VOICE



Reaching out to your representatives is one of the best ways to let your voice be heard!

These websites can make it easier:
5calls.org
resist.bot

ORGANIZE

Community organizing and protests can help empower individuals and movements.

Find local organizations and events:
Indivisible.org
buildtheresistance.org



KNOW YOUR RIGHTS

Check out the ACLU "Know Your Rights" pages for more information

Know your rights about protesting:



Know your rights as an immigrant:



Know your rights about voting:





STAND UP & FIGHT BACK

Have you felt overwhelmed with the recent political events? Do you want to resist these policy changes?

These simple steps may help you Stand Up & Fight Back!

This resource list is not exhaustive, it is aimed at helping you research and come to your own conclusions.



SUPPORT BRANDS THAT REPRESENT YOUR VALUES

The U.S. Supreme Court in 2010 ruled that corporations have freedom of speech, let's hear what they're saying!

OPENSECRETS.ORG

A nonpartisan, independent nonprofit that provides reliable reports and data on ballot measures spending, political contributions, and financial forces influencing political decisions.

GOODS UNITE US

Shows which political candidates are monetarily supported by your favorite brands and companies.

WHOADVERTISESON.ORG

Shows what businesses support partisan cable news channels who tend to spread misinformation.

CONTACT YOUR ELECTED REPRESENTATIVES

RESIST.BOT

An app/text service used to send letters about policy issues directly to your elected officials in minutes.
Download or Text RESIST to 50409

SCALLS.ORG

A website or app that uses your location to find your local representatives and provides phone numbers, call scripts, and background information on key issues. This allows you assess the importance of each issue, making calls quick, easy, and more impactful.

PARTICIPATE IN LOCAL, STATE, & FEDERAL ELECTIONS

VOTE411.ORG

A nonpartisan one-stop shop for election related information, offering both general and state specific details. Resources include voter registration help, polling locations, candidate details, and ballot measures.

ROCKTHEVOTE.ORG

A nonpartisan organization in the United States that aims to encourage people to engage in political processes, such as exercising their right to vote. Rock the Vote focuses on using music and pop culture to empower younger generations to actively participate in democracy.

COMMUNITY ORGANIZING AND COALITIONS

ORGANIZE

Community organizing and protests can help empower individuals and movements.

Websites for finding local events:
indivisible.org
buildtheresistance.org

JOIN A UNION

Unionized workers benefit from higher wages, safer working conditions, and strong advocacy for their rights, ensuring fair pay and equal treatment for all members.

LOCAL RESOURCES

CHINOOK CENTER

The Chinook Center brings together volunteer groups that promote justice, enabling them to provide better assistance to those in need while providing support and solidarity to grassroots organizations.
chinookcenter.org

COLORADO IMMIGRANT RIGHTS COALITION

CIRC is a coalition of organizations founded to build a unified statewide voice to improve the lives of immigrants and refugees in Colorado and the United States.
coloradoimmigrant.org

COLORADO SPRINGS PEOPLE'S COALITION

CSPC is a coalition of community members working to engage everyday people in political struggle for the safety and liberation of our community.
cspeoplescoalition.org

COLORADO SENATORS AND HOUSE REPRESENTATIVES

As voters, it's essential that we communicate with our lawmakers to ensure our voices are heard. When constituents engage with their representatives, it strengthens democracy, helps legislators make informed decisions, and fosters a government that is more responsive to the needs of the people. By sharing your thoughts, concerns, or ideas, you're actively contributing to the policymaking process and holding your elected officials accountable.

- Senator Michael Bennet
- Senator John Hickenlooper
- Representative Diana DeGette - CD 1
- Representative Joe Neguse - CD 2
- Representative Jeff Hurd - CD 3
- Representative Lauren Boebert - CD 4
- Representative Jeff Crank - CD 5
- Representative Jason Crow - CD 6
- Representative Brittaney Petterson - CD 7
- Representative Gabe Evans - CD 8

SUPPORT LOCAL BUSINESS & ORGANIZATIONS

Check out these locally owned businesses

Black owned businesses:



Women owned businesses:



Veteran owned businesses:



KNOW YOUR RIGHTS

Check out the ACLU "Know Your Rights" pages for more information

Know your rights about protesting:



Know your rights as an immigrant:



Know your rights about voting:





To make our Ocean in a Bottle, we used:

- water
- cooking oil (we used canola, but vegetable would work well)
- blue food coloring
- large clear, plastic bottle (2 liter pop bottle, shampoo bottle, mouthwash bottle etc.)
- funnel

TIP: a mouthwash bottle is perfect, as it has a child-proof lid which prevents from opening it when playing with it. If you're using a bottle that's not child-safe, you might want to run a little hot-glue around the inside of the bottle lid.

How to make an ocean in a bottle:

1. Fill approximately 1/3 of your bottle with water.
2. Add several drops of food coloring.
3. Shake the bottle to disperse the food coloring.

Now, simply top up the bottle with oil. I filled ours right to the top and then popped the lid on.

Let the fun begin!

Tip the bottle upside down and watch your ocean come to life





Christopher L.	1st	Starr S.	15th
Emilie B.	2nd	Linda D.	16th
Avery B.	3rd	Tilmara W.	16th
Jazzamine H.	3rd	Tammi W.	16th
Ryan A.	5th	Elizabeth M.	17th
Vanessa K.	5th	Tylor N.	17th
Rene C.	5th	Marquis G.	18th
Jadecinie J.	7th	Robyn S.	20th
Shaan J.	7th	Stacy K.	21st
Jennifer W.	7th	Janell L.	21st
Alexa C.	9th	Elizabeth R.	21st
Alexandria C.	10th	Paige T.	21st
Victoria S.	10th	Aundrea K.	23rd
Tytiana B.	11th	Damien S.	23rd
Michelle J.	11th	Carrie O.	24th
Joseph J.	11th	Emily C.	26th
Mary H.	14th	Lindsay M.	29th
Aaron M.	14th	Kaitlin M.	30th

HAPPY WORK ANNIVERSARY!

For the month of April



1 Year

**Sara F.
Richard O.
Jamaceo R.
Theresa B.
Carolyn B.**

**Steven O.
Miriam M.
Ariel S.
Janene U.**

2 Years

**Cassandra H.
Shane B.
Tricia J.
Mackenzie Y.
Cynthia C.
Rebecca C.**

**Skylar D.
Dolores D.
Megan E.
Jacob H.
Victoria S.
Hillary L.**

3 Years

**Cleide B.
Kristina B.
Christine V.**

4 Years

**Shaan J.
Allie S.**

5 Years

**Stacianne H.
Aaron M.**

7 Years

Amari M.



Stacy K.

This comes from a parent: "Stacy K. is amazing! I am so happy with her. Reliable, hardworking, and great with my child. I just want to share this with you."

-Keep up the great work!!



🚨 Provider Reminder! 🚨

We ❤️ our providers and totally understand that many of you pick up extra work or moonlight outside your PPRS shifts — and that's okay!

BUT 🙅 If a parent asks you to do "other services" off the clock with their child, and you're not an independent contractor with your own liability insurance, please know:

⚠️ PPRS cannot protect you in the event of an incident.

● You would not be covered under our general liability or workers' comp.

Your time is yours, but your safety matters to us! 💬 If you ever have questions, we're here to help.

From the Desk of Tiffany H.

You Are Not Alone: Finding Connection and Community

Dear Parent,

I see you. I *am* you. I know the exhaustion, the isolation, and the feeling that no one truly understands the weight you carry. As a **special needs mom to an adult child and a parent provider myself**, I understand how easy it is to fall into a routine of staying home, feeling like stepping out is just too much. But today, I want to encourage you to take that first step.

I know it's hard. I know how overwhelming it feels to even think about making plans or finding a place where you truly belong. But you *do* belong. There are people—whole communities—who see you, who want to support you, and who are ready to walk alongside you.

At **Pikes Peak Respite Services**, we understand these struggles, and we want you to know that you are never alone. Whether it's through our providers who are always here to help, or through the many community organizations that offer support, friendship, and a place to simply *be*, there is space for you.

Finding Your Community

If you're feeling stuck, consider taking a small step—join a local support group, attend a community event, or volunteer with an organization that aligns with your heart. There are so many opportunities designed for individuals with disabilities and their families to participate, connect, and thrive:

- **The Walk With Klohe** – Follow Jordan and Klohe's inspiring journey of inclusion, advocacy, and finding joy in every step. (Facebook: *The Walk With Klohe*)
 - **Ainsley's Angels** – Providing inclusive running opportunities for individuals with mobility challenges. (www.ainsleysangels.org)
 - **Challenger Baseball** – A division of Little League designed for **both children and adults** with physical and cognitive disabilities. (www.littleleague.org/play-little-league/challenger/)
 - **Special Olympics** – Sports, fitness, and community engagement for individuals with intellectual and developmental disabilities. (www.specialolympics.org)
 - **LGS Foundation** – Support and resources for families affected by Lennox-Gastaut Syndrome. (www.lgsfoundation.org)
 - **Cerebral Palsy Association of Colorado** – Advocacy, support, and community programs for individuals with cerebral palsy. (www.unitedcerebralpalsy.org)
 - **Adaptive Adventures** – Outdoor activities such as cycling, rock climbing, and skiing for individuals with physical disabilities. (www.adaptiveadventures.org)
 - **Miracle League** – A baseball league for children and adults with disabilities, creating an inclusive, fun environment. (www.themiracleleague.net)
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- **TOPSoccer** – A soccer program designed for children with special needs. (www.usyouthsoccer.org/programs/topsoccer/)
- **Easterseals Colorado** – Programs supporting people with disabilities, including respite care, employment services, and recreation. (www.easterseals.com/co/)
- **GiGi's Playhouse** – Educational and social programs for individuals with Down syndrome and their families. (www.gigisplayhouse.org)

Be Inspired: The Walk With Klohe

If you need proof that stepping out into the world can change everything, I want you to meet **Klohe and her incredible mom, Jordan**. Their journey is nothing short of inspiring. Despite Klohe's profound disabilities, Jordan made a choice: they would not live in isolation. Instead, she found ways to get out, to connect, to live fully—*together*.

Their story, shared through **The Walk With Klohe**, is a powerful reminder that no matter how complex life feels, there is always a way forward. Jordan didn't let fear or exhaustion keep them locked in—and because of that, she and Klohe have built a community of love and support.

You Deserve Connection

Your life matters beyond the care you give. You deserve friendship, joy, and moments where you feel seen. If stepping out feels impossible, start small. A short conversation, a single event, a coffee with someone who *gets it*—these tiny steps can lead to real, life-changing relationships.

If you ever need support, guidance, or just someone to remind you that you're doing an amazing job, **we are here**. **Pikes Peak Respite Services** is more than just a resource; we are your community.

So, dear parent, please remember: You are *never* alone. There is a whole world of people who care about you. Take that step—however small—and let us help you find your way back to connection.

With understanding and support,

Tiffany Hutson

PPRS COO | Special Needs Mom | Parent Provider | Advocate
Pikes Peak Respite Services



Walk With Klohe



From the desk of Demetria

Mindfulness for Parents of Children with Special Needs or Complex Needs

At Pikes Peak Respite Services, we deeply value and support our families, including parent providers and children with special or complex needs. We understand the daily challenges that come with caregiving, and we are committed to offering guidance and resources that foster a sense of calm and balance.

Mindfulness can be a simple yet powerful tool to help parents and caregivers navigate these challenges with greater ease. By incorporating small moments of mindful breathing, grounding techniques, and relaxation practices, families can create a more peaceful and supportive environment. Even just a few minutes a day can make a meaningful difference in reducing stress and promoting emotional well-being for both caregivers and children. Here are some ideas which may be helpful:

1. Getting Grounded: Reconnect with the Present

Grounding techniques help bring you back to the present moment by focusing on your surroundings and senses. This practice is particularly helpful during moments of stress or anxiety.

- Try the **5-4-3-2-1 technique**: Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste.
 - Stand barefoot on the ground and focus on the sensations under your feet.
 - Engage in mindful walking by paying close attention to each step you take.

 **Watch a guided grounding exercise video here:** <https://youtu.be/ec5OioMMwUc> **insert**

2. Deep Breathing: A Simple Way to Relax

Controlled breathing can help regulate emotions, reduce stress, and improve focus. One of the easiest and most effective techniques is **box breathing**:

- Inhale through your nose for 4 seconds.
 - Hold your breath for 4 seconds.
- Exhale slowly through your mouth for 4 seconds.
 - Hold again for 4 seconds and repeat.


 **Follow along with a deep breathing video here:**

<https://www.youtube.com/watch?v=tEmlZnux58> and/or <https://www.youtube.com/watch?v=EOFIKCMId6c>

3. Meditation & Body Scan: Tune Into Your Inner Self

Meditation is a powerful tool for mindfulness, allowing you to observe thoughts without judgment. A body scan meditation helps release tension and brings awareness to different areas of the body.

- Find a quiet space and close your eyes.
- Bring your attention to your breath and slowly scan your body from head to toe.
 - Notice any tension or discomfort and let it go with each exhale.

 ****Try a guided body scan meditation video here:**

<https://www.youtube.com/watch?v=DTmGtznab4> and/or <https://youtu.be/ANZfVnjCmXk>

4. Five-Minute Guided Meditation: A Quick Reset

If you're short on time, a five-minute guided meditation can help center your thoughts and bring a sense of calm. Even brief moments of mindfulness can make a big difference in your day.

 **Relax with this 5-minute guided meditation**

video: <https://www.youtube.com/watch?v=inpok4MKVLM>

Mindfulness doesn't have to be complicated. With just a few minutes each day, these simple techniques can help you cultivate peace, balance, and resilience. Give them a try and notice the positive impact they bring to your life!

Stay mindful, stay present!

Compliance Department

As part of our commitment to providing high-quality care and ensuring continued eligibility for services, it is essential for both employees and caregivers/clients to participate in regular monitoring and complete VISSPR (Vulnerable Individual Service and Support Plan Reviews). These steps are required to ensure that services are meeting the needs of the individuals we support, while also complying with regulatory standards. We appreciate your cooperation in this process, as it helps us maintain a high level of care and ensures that we can continue to provide valuable support to those in need.

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

EVENTS SCHEDULE

APRIL

2025



TOT TIME!- PLAY TIME

What: Bring your kiddos (ages birth through 5) to our Tot Time drop-in play session! Your little ones can explore a world of fun in our spacious gym. We have toys to climb, ride, and push, as well as plenty of space for imaginative play and new friendships to bloom. Parent or Caregiver MUST remain in the gym with their Children at all times.

Where: 5555 Ward Rd Arvada, CO 80002

When: Thursday April 10th starting at 9am

GARDENING WORKSHOP WITH DUG

What: Mark your calendars for an engaging gardening series presented by Denver Urban Gardens! Whether you're a seasoned gardener or just starting, these workshops are here to support your green thumb. **Today's Topic:** Basics of Organic Gardening-Learn how to grow vibrant plants from the comfort of your home. Recommended for Adults.

Where: Arvada Library-7525 W. 57th Ave Arvada CO 80002

When: Saturday April 12, 1pm-2:30pm



ARVADA KITE FESTIVAL

What: Soaring, Colorful, and Majestic kites! There's not a better way to welcome spring than at the Kite Festival. Bring your own kite or buy a kite here. Plan to spend the day flying kites, getting your face painted, eating great food and listening to good music. Bring your chairs or blankets and plan on staying the day. **Pets and BBQ grills not allowed at this event.**

Where: 11200 W 58th Ave, Arvada, CO 80002

When: Sunday April 13th 11am-4pm



EASTER EGG HUNT!

What: Annual Easter Egg hunt, FREE for the community!

Enjoy 10,000 colorful, prize-filled eggs, Easter basket prizes, games & activities, appearances by the Easter Bunny & Booster the Rooster and more!

There will be a staggered start by age group to reduce some craziness so parents can enjoy watching each of their children participate.

Where: Anderson Park, 4355 Field St, Wheat Ridge, CO 80033

When: Saturday April 12th 10- 10:30am for Easter egg hunt



TEEN AFTER HOURS- ANIME PROM!

What: Anime Prom is back! Come dressed as your favorite Anime/Manga character and enter the costume contest. Or, come as you are and enjoy the games, food, and activities! The Manga coloring contest starts April 1st! Coloring sheets will be available at Standley Lake Library beginning April 1st. Submit them to Standley Lake Library by 5:00 pm on Saturday, April 26th to be entered. Winners will be announced and prizes awarded at Anime Prom.

Teen after hours is a reoccurring event happening on Fridays ,Ages 12-18 -**Register here** April 12th: <https://jeffcolibrary.bibliocommons.com/events/67d1027b2971a34a250aaec8>

Where: Standley Lake library- 8485 Kipling St. Arvada, CO 80005

When: Saturday 27th 5:30pm-8:30pm



DENVER JAZZ FESTIVAL

What: The Denver Jazz Festival is hosting a free performance featuring talented local jazz musicians—come enjoy the music, meet great people, and soak up the fun atmosphere! This free event is just one part of the full festival experience, which includes educational opportunities, workshops, and many other exciting performances throughout the week. Festival runs April 3rd-6th

✦ Don't miss out! For full festival details and ticket information for additional events, visit denverjazz.org.

Where: DPAC Sculpture Park- 1736 Speer Blvd, Denver co

When: April 5th 12pm-4:00pm



HULA HOOP RUG MAKING

What: During this fun and colorful workshop, you will explore how to convert a hula hoop into a functional weaving loom. You will also be introduced to some basic weaving techniques as you create your very own circular rug. All materials are provided. No prior weaving experience needed. Registration required. Class recommended for adults 50+

Register Here: <https://denverlibrary.libcal.com/event/14240473>

Where: Bear Valley Library- 5171 W Dartmouth Ave, Denver, CO 80236

When: Tuesday, April 8, 10:00am-11:30am



CYCLING FROM THE OFFICE!

What: Join us from our office in Westminster as we explore the city trails. We will have bikes available for all participants, volunteers, and community members who need them. Are all welcome to attend! Registration is required to participate. **Expectations:** Must be able to follow directions, ride safely & follow trail etiquette, wear helmet, and have a positive attitude towards the group. Please wear moisture wicking and comfortable clothing, closed toe shoes and bring rain gear and layers in case of inclement weather.

Participants are recommended to bring a water bottle, sunscreen, and helmet if they own their own. **Register here:**

<https://adaptiveadventures.app.neoncrm.com/np/clients/adaptiveadventures/eventRegistration.jsp?event=94024>

Where: 9053 Harlan Street # 34, Westminster, CO 80031
(Garage meeting area)

When: April 9th 5:00p,m-6:30pm



TEEN GAME CLUB

What: Come for the games and stay for the community. We provide a safe and fun after-school environment for teens to play computer, video, VR (where available) or tabletop games. Team up with friends or fly solo. All are welcome. Ideal for ages 10-18

Where: Hampden Community Room- 9755 E Girard Ave, Denver, CO 80231

When: Thursday April 17th 3:30pm-5:30pm

GAMING CLUB

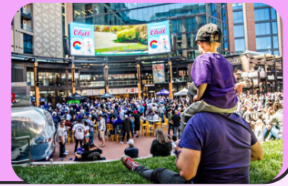


OPENING DAY FESTIVITIES

What: Opening Day festivities begin at McGregor Square with games and activities for people of all ages. Before the pregame ceremonies, enjoy music and batting practices.

Where: McGregor Square, 1901 Wazee Street, Denver, CO 80202

When: Friday, April 4th 9am-10am



3RD ANNUAL SENIOR LIFESTYLE EXPO!

What: This year's event will feature a variety of engaging classes, live music, and an exciting lineup of activities, including a full-size pickleball court with live demonstrations, live music and also a special visit from the Cheyenne Mountain Zoo's Zoomobile.

Where: The Antlers Hotel - 4 S. Cascade Avenue | Colorado Springs, CO | 80903

When: April 10th 9am-2:00pm



STEAMBOAT SPLASHDOWN POND SKIM

What: Each year, Steamboat hosts its unique closing day event where competitors race down the mountain and (hopefully) pick up enough speed to skim across a pond. The annual pond skimming contest is one of the best ways to end the 2024-25 ski season, and you'll see some funny costumes in celebration of saying farewell to the winter months. Free to spectators all ages welcomed!

Where: Gondola Square, 2305 Mt Werner Cir, Steamboat Springs, CO 80487

When: Sunday, April 13, 2025 All Day



FIBER ARTS GROUP

What: Interesting in stitching, knitting, crocheting, and more? Bring your fabric arts projects and socialize with other crafters. Fiber Arts groups are open to everyone ages 18+ and are a great opportunity to learn about new crafts, have a good conversation, and get to know more about PLLD.

Where: 701 Manitou Ave, Manitou Springs, CO 80829

When: Friday April 4th , 10am-11am



ASL FESTIVAL!

What: Join us for American Sign Language (ASL) activities, games and entertainment at the Colorado School for the Deaf and Blind Gym! The festival is an opportunity to celebrate the cultural and linguistic heritage of ASL as part of National Deaf History Month. There will be booths exhibiting Deaf organizations and businesses, activities for kids, food trucks and Deaf Mime Workshops led by JJ Mime. This event is open to everyone. Bring the kids and spread the word!

Where: 2110 Stella Drive, Colorado Springs, CO

When: Saturday, April 5th, 9am-2pm



NIGHTTIME EGGSTRAVAGANZA AT FOX RUN

What: Egg hunts aren't just for young children! Join us for a glow in the dark egg hunt at Fox Run Regional Park. Work with your team of 2-6 people to find eggs that will contain the answers you need to win a prize!

Recommended ages 8+. Prepaid registration required for specific start time. \$6 per person/ \$5 per member

To register, search under 'Park Programs and Special Events' at

<https://communityservices.elpasoco.com/nature-centers/>

Where: 2110 Stella Drive, Colorado Springs, CO

When: Friday, April 18, 8:00 p.m. ~ 8:10 p.m. ~ 8:20 p.m. ~ 8:30 p.m



ADAPTIVE CLIMBING COMMUNITY NIGHT

What: A great way to learn the basics of indoor rock climbing with a group of like minded community members (civilians and veterans)! We will cover the basics of rope work, belay commands, climber movement, and gym etiquette so that a first time climber or seasoned veteran, can become confident in the vertical environment. The benefits of climbing have been proven to help a wide range of disabilities such as PTSD, amputees, and TBI's. We welcome any and all disabilities and look forward to giving back to our community. The climbing gym charges all non-veteran participants a reduced fee for a harness, shoes, and day pass (usually around \$20 total)

Where: 220 Smokey St. Fort Collins, CO 80525

When: Friday, April 14th 6pm-8:00pm



MUSIC TRIVIA AT THE LYRIC

What: Come to Music Trivia at the Lyric on the First-Wednesday of each month to test your knowledge with your friends and neighbors - Prizes include Concert Tickets (compliments of 105.5 The Colorado Sound, and The Aggie Theatre), Movie and popcorn passes (compliments of The Lyric). Ages 15, youth 15-17 need to be accompanied by an adult Free to play.

When: April 2nd 6pm-6:30pm: Live music and sign ups 6:30pm-8pm: Trivia!!

Where: The Lyric- 1209 N college Ave Fort Collins



SPRING GARDEN HUNT

What: Stop in to Council Tree, Harmony, or Old Town Libraries for the annual Spring Garden Hunt. Find all of the hidden garden-inspired pictures and receive a goodie when you've completed the scavenger hunt. See a staff member for your game sheet and your completion surprise. All ages and abilities are welcome to play!

When: April 1st-10th All day!!

Where: Council Tree, Harmony, or old town Libraries

Follow link for Library locations: <https://poudrelibraries.org/locations/>



ANIMAL AFTERNOONS

What: The library has gone to the dogs (and cats and other story-loving critters)! Drop in to read to certified therapy animals presented by Larimer Animal People Partnership. For children in grades K-5. Furry (and not-so-furry) friends will be ready to read for 40-60 minutes, so stop by early.

When: Sunday April 6th 3pm-4pm

Where: Old town library- 201 Peterson St, Fort Collins, CO 80524



TAI CHI CHIH

What: This is an adult class Tai Chi Chih is mindful movement that's great for your mental and physical well-being! Join us every 2nd and 4th Tuesday of the month for an hour of meditative movement.

When: Tuesday April 8th 2:00pm-3:00pm

Where: Harmony Library East room - 4616 S Shields St. Fort Collins, CO 80526



ART & MUSIC WONDERLAND

What: Join us for a day of creativity, music, and community activities. Kids Art Demonstrations, Performances: 🎵 Storybooks by Chela Lujan, Underground Improv DJs: 🎧 Undedicated, Damien Selects, CJ Scratch
Poetry: Caiden McPherson. FREE KIDS WORKSHOPS (1st 100 Kids): Bracelet Making, Greeting Card Making, Instrument Making, Craft Making
Where: Pueblo Mall 3429 Dillon Drive, Pueblo, Colorado
When: April 5th 12:00pm-6:00pm



ART EXPRESSION FOR VETERANS

What: Free Art Class For Veterans, Military, and Their Families. Discover the power of artistic expression can unlock healing and peace. No experience necessary. Must be 18 years and up. No reservation required.

When: Recurring weekly on Saturdays 5th, 12th, 19th, and 26th of April
Where: 210 N Santa Fe Ave, Pueblo, CO 81003



3RD ANNUAL SENSORY EASTER EXTRAVAGANZA

What: A fun-filled day with an Easter egg hunt, face painting, crafts, food trucks, photo opportunities, and potentially raffles and prizes

Where: 270 West John Powell Blvd, Pueblo West, CO 81007

When: Friday, April 18th, 2025 12:30 pm - 3:00 pm



FAMILY MATINEE

What: Join us at Lamb for a family-friendly movie to enjoy finding dory! and popcorn! All ages welcome!

Where: Lamb Meeting room (Lower level) – 2525 South Pueblo boulevard Pueblo Co 81005

When: April 19th 3:00pm-5:00pm



PUEBLO MINICON-RELOADED



What: Admission is FREE and FREE comics to all who attend!

We will always feature comics with local original creators and artists and RELOADED will have over 30+ exhibitors that will be out of this world from special themed guests to collectibles. All ages welcomed!

Where: 210 N Santa Fe Ave, Pueblo, CO 81003

When: Sunday, April 27, 2025, from 11 am to 5pm



COMMUNITY CONCERT AT UPCC

What: UPCC is finally open after renovations! We want to celebrate with our community Join us for a FREE concert. At the new and improved UPCC bar, named Woodies Bar, Cari Dell will begin playing at 6 pm and go until 8 pm. Free food and non-alcoholic beverages will be provided.

Where: 210 E Midland Ave, Woodland Park, CO Woodland Park, CO 80866

When: Wednesday, April 9th, 6:00PM- 8:00PM



EASTER EGG HUT AT WOODLAND PARK

What: Join us for a fun-filled Easter celebration with egg hunts, face painting, crafts, and a special visit from the Easter Bunny! There will be two egg hunts—one for ages 6 and under, and one for ages 7 and up. Come make new friends and enjoy a day full of joy and activities for all ages!

Where: 210 E Midland Ave, Woodland Park, CO Woodland Park, CO 80866

When: Wednesday, April 9th, 6:00PM- 8:00PM



BINGO AND DOUGHNUTS!

What: Join the Teller Senior Coalition us for a fun-filled morning of BINGO with delicious doughnuts and coffee! Come socialize, play, and win some prizes! 📞 Need a ride? Call 719-687-0256 to schedule transportation!

Where: Little Chapel of the Hills, 69 County Rd 5, Divide, CO

When: Friday, April 11th and 25th, 9:45am-11:30am

