

# *Pikes Peak Respite Service*

ISSUE NO.

1



## *Newsletter*

January 2026



Every new year offers a chance to recommit to our mission, and 2026 is no exception. At the heart of everything we do is a shared belief in connection, care, and positive change. This year, we're excited to deepen our work, strengthen our community, and continue moving forward—together.

We're reminded that each fresh start brings opportunity—opportunity to grow, to reconnect, and to continue caring for one another in meaningful ways. The start of this year invites us to look ahead with intention, grounded in the lessons and relationships that carried us here.

Thank you for the compassion, dedication, and heart you bring every day. Your commitment continues to shape lives, and as we enter this new year, your work remains at the center of everything we do.

As we move forward together, we hope this year brings moments of renewal, balance, and joy. May the months ahead be filled with purpose, connection, and hope as we embrace all that this new year has to offer.

~PPRS Admin Team~



# Happy Birthday

YKYAUNTE G. – 1ST AUTUMN H. – 1ST CHERIE R. – 1ST LEAH H. – 2ND ANGELA H. – 3RD MELISSA S. – 3RD DINA F. – 4TH CHRISTOPHER W. – 4TH MEGAN C. – 6TH TIFFANY H. – 6TH ESMERALDA B. – 8TH KYNA G. – 8TH JAMIE M. – 8TH JESSICA S. – 8TH	SHANNON D. – 10TH LISA H. – 11TH BREANNA R. – 11TH LEIGH W. – 11TH MONICA L. – 12TH LAUREN Y. – 12TH MICHAEL R. – 13TH VENESSA R. – 14TH KRISTA B. – 15TH CASEY W. – 15TH CAROLYN B. – 16TH MELISSA J. – 16TH DANNY W. – 16TH HANANE I. – 18TH	JENNIFER S. – 18TH ANNETTA L. – 20TH CARMEN C. – 21ST GABRIELLA G. – 21ST NAKIYAH S. – 21ST LISA T. – 22ND STEPHANIE V. – 22ND NATASHA M. – 24TH NICHOLAS F. – 25TH RAMIRO D. – 26TH LYNN P. – 26TH BRITTANY C. – 27TH ISABELLA C. – 28TH EMILY P. – 28TH CHINETA D. – 29TH
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# HAPPY ANNIVERSARY

<u>1 Year</u> Abigail S. Ashley C. Blessing E. Brenda C. Carmen C. Donita B. Ethan D. Jennifer R. Jared S. Juliana S. Katie S. Maria G. Maria N. Melissa L. Saraya R. Sidney M. Sydney B. Sydney H. Venessa R.	<u>2 Years</u> Angela B. Dara J. Emilie B. Hanane I. Janet B. Julie U. Lisa C. Michael Y. Miranda S. Shannah O. TyAna S.t	<u>3 Years</u> Malcom M. Taylor N.  <u>5 Years</u> Angela H. Joel H.  <u>7 Years</u> Jennifer G
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### 🌟 Provider Shoutout: David V. 🌟

We would like to recognize David V. for his outstanding dedication and compassionate care. His commitment has made a meaningful impact on the families he supports.

“David V. has done an excellent job with providing care for my son. He is a great person and we have seen our son develop just by being around him. His care not only enables me to take care of other things I have to do around the house and for my family, but Elijah truly gets excited when he comes over. With him having so much experience around children and being a parent with a child who has special needs, we have become better parents listening to his advice that we ask for on a regular basis. He is the perfect person to be an employee in your company and any family is lucky to have him around.” Jessica A.

Thank you, David, for the compassion, expertise, and heart you bring to your work. We are grateful to have you as part of our team! 🙌



Grateful for all our families and providers



# 2026



## JANUARY

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# YMHFA NEWSLETTER



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



**YOUTH MENTAL  
HEALTH FIRST AID**

## 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.

## 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

## 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

## 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!

## YMHFA Class

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



## **Become a Certified Youth Mental Health First Aider!**

Join our Youth Mental Health First Aid (YMHFA) course on January 3<sup>rd</sup>, 15<sup>th</sup>, or 28<sup>th</sup> at 11:00 AM MST (via Zoom)!

YMHFA equips you with the knowledge and confidence to recognize early signs of mental health challenges in young people, offer initial support, and connect them with professional resources. You'll gain practical tools to help create a safe, supportive environment for teens and young adults.

- ✔ Official 3-Year Certification upon completion
- ✔ Practical strategies for supporting youth well-being
- ✔ Led by experienced, caring instructors

### 🕒 Course Details:

- Start Time: 11:00 AM MST
- Length: 5.5–6 hours (live instructor-led session)
- Includes ~2 hours of self-paced pre-work (must be completed before class) and ~20 minutes of post-work after class

👉 *Participants must be present for the entire instructor-led session to qualify for certification.*

💻 Register today: <https://pikespeakrespite.com/ymhfa-class>

💰 Course Fee: \$55 -\$70

*(The payment link is located just below the section where you book your course.)*

Invest in your community and your confidence—become someone who makes a difference in the life of a young person! 🌱



# January Decluttering Ideas

S	M	T	W	T	F	S
28 	29	30 	31	1 Sort & organize your holiday photos.	2 Tidy & organize your purse.	3 Go through your fitness equipment & clothes.
4 Toss wrapping paper scraps.	5 Go through the gifts you received and decide on what you're keeping.	6 Return or exchange gifts you don't need or want.	7 Donate or plan to re-gift items you received that you don't want.	8 Go through your fridge and tidy.	9 Go through your baking supplies and organize them.	10 Tidy other remaining holiday food items and supplies.
11 Put away the holiday decorations.	12 Go through your holiday cards and keep only the meaningful ones.	13 Toss old calendars.	14 Go through magazines, leaflets, and mail received over the holidays.	15 Review your subscriptions.	16 Set a timer for 15 minutes and catch up on previous tasks.	17 Scan old paper-work like bills and statements (then shred if appropriate).
18 Scan old notes & notebooks, then store away or shred.	19 Set a 15-min timer & tidy what you can in the kitchen.	20 Set a 15-min timer & tidy what you can in the living room.	21 Set a 15-min timer & tidy what you can in the bathroom.	22 Set a 15-min timer & tidy what you can in the bedroom.	23 Set a 15-min timer & tidy the entryway.	24 Sort & organize your shoes.
25 Set a 30-min timer and tidy the closet.	26 Set a 10-min timer and tidy the laundry room/area.	27 Put 3 items back to where they belong.	28 Choose one small surface to declutter.	29 Choose one shelf to declutter.	30 Choose one category of items to declutter (e.g., mugs, books).	31 Set a 20-min timer for a general tidy & declutter.

If any day feels like too much, just do 10 minutes and be done for the day.





**Ingredients:**

- Baking soda (1-1½ cups)
- Water (¼-½ cup)
- White vinegar (½-1 cup)
- Small clear bowl or tray (12-16 oz)
- Snowman mold or hand-shaped form
- Pipettes, droppers, or squeeze bottles
- Food coloring (blue, red, green, optional for details)
- Glitter (white, crystal, iridescent)
- Optional: dish soap (1-2 tsp for extra foam)
- Optional: essential oil (1-2 drops peppermint or wintergreen)
- Measuring cups & spoons (USA units)
- Tray, baking sheet, or towel (mess control)

**Directions:**

1. In a bowl, mix 1-1½ cups baking soda with ¼-½ cup water to form a thick, packable snow-like paste.
2. Stir in glitter for snowy sparkle.
3. Shape the mixture into stacked snowballs to form a snowman, or press into a snowman mold.
4. Place the snowman on a tray or baking sheet.
5. Optional: add food coloring details for eyes, buttons, or scarves.
6. Fill pipettes or squeeze bottles with white vinegar.
7. Optional: mix 1-2 tsp dish soap into the vinegar for fluffy foam.
8. Slowly drip or squirt vinegar onto the snowman.
9. Watch as the snowman fizzes, bubbles, and melts like a snowstorm in action!
10. Continue adding vinegar until the reaction finishes.
11. Discuss how acid (vinegar) reacts with base (baking soda) to create carbon dioxide bubbles.

## 🍕 MINI PIZZA CUPS ~ BECAUSE TINY FOOD = BIG FUN 🍕



THESE MINI PIZZA CUPS ARE THE PERFECT COMBO OF EASY + CHEESY.  
THEY'RE MADE WITH BISCUIT DOUGH AND A MUFFIN PAN—SO CLEANUP IS A BREEZE!

### 🍷 INGREDIENTS:

- 1 CAN REFRIGERATED BISCUIT DOUGH
- 1/2 CUP PIZZA SAUCE
- 1 CUP SHREDDED MOZZARELLA CHEESE 🧀
- MINI PEPPERONI, COOKED SAUSAGE CRUMBLES, OR DICED VEGGIES
- OLIVE OIL (OPTIONAL, FOR BRUSHING)
- ITALIAN SEASONING OR GARLIC POWDER (OPTIONAL)

### 👩‍🍳 INSTRUCTIONS:

1. PREHEAT OVEN TO 375°F (190°C).
2. SPRAY A MUFFIN TIN WITH COOKING SPRAY OR USE SILICONE LINERS.
3. FLATTEN EACH BISCUIT AND PRESS IT INTO THE MUFFIN CUPS TO FORM A CRUST BASE.
4. SPOON IN A BIT OF PIZZA SAUCE, SPRINKLE WITH CHEESE, AND ADD TOPPINGS.
5. SPRINKLE A PINCH OF ITALIAN SEASONING OR GARLIC POWDER ON TOP FOR EXTRA FLAVOR.
6. BAKE FOR 12-15 MINUTES, UNTIL CHEESE IS MELTY AND EDGES ARE GOLDEN.
7. LET COOL A FEW MINUTES, THEN POP THEM OUT AND SERVE!

🍷 SERVE WITH CARROT STICKS, FRUIT KABOBS, OR A FUN DIPPING SAUCE FOR THE FULL MINI MEAL EXPERIENCE!



January

PPRS

# EVENTS SCHEDULE

2026

## ARVADA

### HARRY POTTER MOVIE MARATHON



★ Where: 8485 Kipling St. Arvada, CO 80005  
When: Friday and Saturday January 2<sup>nd</sup> , 3<sup>rd</sup> 12pm-5:30pm

What: Make the second half of winter break magical with a Harry Potter movie marathon. Feel free to wear comfy jammies or get cozy with blankets and squishies. We will watch one or two movies a day with plenty of snacks. Enjoy the wondrous world of Harry Potter with friends! Intended for ages 9-18years old

### LIBRARY FOR ALL



Where: 5000 County Road 73 Evergreen, CO 80439  
When: Monday January 5<sup>th</sup> 1:00pm-2:00pm

What: The library is a place where everyone can learn, play, and create! We welcome adults with disabilities and their caregivers to make crafts, try new skills, play games, explore the library, and enjoy music, stories, and guest speakers.

### PRESCHOOL TIME



Where: 555 S. Allison Parkway Lakewood, Co 80226  
When: Wednesday January 7<sup>th</sup> 10:15am-10:45am

What: Create a lifelong love of reading with interactive Story Time. Sing, rhyme and dance together for added fun! Keep the fun going with 1000 Books Before Kindergarten! Get your child ready to read by sharing books together. Read anything, even the same story over and over!

### SCHADENBEE: ADULT SPELLING BEE AT METHOD & MUSE TEACHERS NIGHT!

Where: 7513 Grandview Avenue Arvada, CO  
When: Friday, Jan 16, 2026 , 7:00pm-9:00pm



What: Join Us for for a hilarious adult spelling bee packed with tricky words, misspellings, and cringe-worthy fun. Watch from the crowd or compete for prizes, teachers/professors get 10% off all checks during the event. Day-of registration available (spots can fill fast).

## ARVADA

### HOBBY BOARD GAMING



Where: 14715 W 64th Ave Unit A & B Arvada, CO

When: Sundays: Jan 4<sup>th</sup>, 11<sup>th</sup>, 25<sup>th</sup> 12:00pm-8:00pm

What: Spend your Sunday afternoon gaming at LUKI Brewery. Every Sunday at noon, we bring heavier, strategy-rich board games to the taproom, come play and meet fellow hobby gamers. Join the meetup group “Sunday Games at LUKI Brewery” for details and to RSVP.

## Colorado Springs

### TEEN CRAFT GROUP



Where: 685 North Murray Blvd. Colorado Springs, CO 80915

When: 1st and 3rd Saturdays Jan 3<sup>rd</sup> and January 17<sup>th</sup> 2:00pm-3:00pm

What: Bring a craft to work on while socializing with other crafters your age! Craft groups are open to ages 13 – 18 and are a great opportunity to learn about new crafts, have a good conversation, and get to know more about the Library. No registration or crafting experience required.

### SOUP BLENDING WORKSHOP



Where: 5550 N. Union Blvd. Colorado Springs, CO 80918

When: Saturday Jan 10<sup>th</sup> 10:00am-11:00am

What: Nothing is as soothing as a warm cup of soup! Join us for a dry-ingredient blending workshop and explore your culinary imagination as you create a unique soup blend to enjoy at home. All supplies will be provided. Registration required. Intended for ages 18+

### FOUNTAIN PLAY GROUP



Where: 230 S. Main St. Fountain, CO 80817

When: Saturday Jan 17<sup>th</sup> 10:30am-11:30am

What: Experience the power of play in this hands-on playgroup for children ages 0 – 5 and their caregivers. These Playgroups spark curiosity, support early learning, and build socialization skills through open-ended play.

## COLORADO SPRINGS

### TWEEN: SNACK MAGNETS

Where: 5550 N. Union Blvd. Colorado Springs, CO 80918

When: Tuesday Jan 20<sup>th</sup> 4:00pm-5:00pm

What: Sculpt something deliciously adorable and create your own mini food-themed magnets using colorful clay. From tiny pizzas to mini donuts, you will shape and decorate your creations before turning them into magnets to take home and display. Ages 9 – 12



### SENIOR MOVIE MATINEE

Where: 5550 N. Union Blvd. Colorado Springs, CO 80918

When: Wednesday Jan 28<sup>th</sup> 10:00am-12:00pm

What: Join us for our Movie Matinee, no registration required. This month's film is Here (PG-13, 104 min), a heartfelt, multi-generation story about families and the special place they share. Popcorn and water provided; no outside food, and all drinks must have lids.



## Denver

### KID CREATE

Where: 10 W 14th Ave, Denver, CO 80204

When: Sunday, Jan 4<sup>th</sup> 4:00pm-4:30pm

What: Build, make, and create with friends using art and building materials. Try new ideas and share your creations in a fun, friendly space. Intended for ages 5-12 years old.



### GLASS ETCHING

Where: 1890 S Grove St, Denver, CO 80219

When: Saturday Jan 10<sup>th</sup> 10:00am-12:00pm

What: Join us to experiment with etching designs onto glass containers using the Cricut machines and etching cream. No experience necessary and all materials will be provided. For adults, ages 18+.

This program will be limited to the first 20 participants, first come first serve. No registration required.



## DENVER

### KID CREATE- 0-5 YEARS

Where: 5575 E 33rd Ave, Denver, CO 80207

When: Tuesday January 13<sup>th</sup> 4:30pm-5:30pm

What: Explore open-ended art, craft, and building materials. Kids collaborate, develop problem-solving skills, and spark imagination in a fun, supportive setting. Grown-ups are encouraged to join their younger participants or kids needing extra support for a fun, inclusive experience.



### LAUGHTER YOGA

Where: 4705 Montview Blvd, Denver, CO 80207

When: Wednesday, January 14 11:00 am - 12:15 pm

What: Enjoy playful laughter exercises interspersed with gentle breathing and stretching. During this joyful practice, you'll strengthen the immune system, increase tolerance to pain and combat the negative effects of stress. Simple, fun and accessible to people of all fitness levels.



### TEENS IN COMMUNITY: LO-FI LOUNGE

Where: 2825 High St, Denver, CO 80205

When: Thursday, January 29 3:30 pm - 5:30 pm

What: Catch us every Thursday after school as we dim the lights and turn up the Lo-Fi for a teens-only space. Whether you're looking for somewhere to hang out (or you just need to get some homework done), the Lo-fi Lounge is the perfect place to meet others, chill, and collaborate. We provide all the games, craft supplies, and low-key atmosphere you could ask for. And of COURSE we have snacks, too.



## FORT COLLINS

### BLAST N SCRUMP: SECOND FRIDAYS AT SCRUMPY'S

Where: 215 N. College Ave Fort Collins, Co 80524

When: Friday, January 9th 7:00pm-11:00pm

What: EVERY second Friday, Blast N Scrap congregates at Scrumpy's Hard Cider for an all ages dance party. Featuring artists that are newest to the vine, that'll bloom right before your very eyes... oh yeah, & some time tested local mainstays, providing entertaining consistency as sturdy as a full grown tree. Price to enter 13\$.



## GAME NIGHT WITH NOCO NAUTILUS YOUTH GROUP

Where: 201 Peterson St Fort Collins, CO 80524

When: Thursday, December 4, 5:30pm–7:30pm

What: Join us in a safe, welcoming space for LGBTQIA+ youth and allies ages 13–18 to enjoy games, connect, make friends, and build community with support from trained facilitators. Hybrid and in-person options are available.



## ANIMAL AFTERNOON

Where: 2733 Council Tree Ave Fort Collins, CO 80525

When: Sunday, December 14 3:00pm-4:00pm

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.



## DR. MARTIN LUTHER KING, JR. DAY CELEBRATION

Where: 1101 Center Ave Mall Fort Collins, CO 80521

When: Monday, January 19 10:00am-1:00pm

What: Join the community for our annual Dr. Martin Luther King, Jr. Day event honoring Dr. King's legacy. Enjoy a day of reflection, inspiration, and connection with performances, storytimes, volunteer opportunities, Evie the Mobile Library, a Literacy Room, a Historic Preservation Pop-Up Exhibit, and more as we continue Building Community, Uniting Fort Collins. All ages welcome!



## TAI CHI CHIH

Where: 4616 S Shields St. Fort Collins, CO 80526

When: Tuesday January 13<sup>th</sup> & 27<sup>th</sup> 2:00pm-3:00pm

What: 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.



## TELLER COUNTY



### COFFEE CHATS



**Where:** 218 East Midland Avenue Woodland Park, Colorado

**When:** Friday January 2<sup>nd</sup> 10:00am-11:30am

**What:** Come enjoy coffee and donuts while you chat and connect with neighbors. It's a relaxed, friendly way to meet new local friends and feel more at home in the community. recommended for Adults 18+

### PLAY GROUP- BABY & TODDLER



**Where:** 509 Scott Ave, Suite 203, Woodland Park, CO, 80863

**When:** Tuesdays and Thursdays from 9:00am to 10:30am

**What:** The Resource Exchange, offers free, inclusive playgroups for infants and toddlers from birth to age 4 and their families. These play-based, developmentally appropriate sessions include crafts, sensory play, stories, snack time, and songs, supporting early learning while helping families connect and build community.

### DOMINION GAME CLUB



**Where:** 334 Circle Drive Florissant, Colorado

**When:** Friday January 16<sup>th</sup> & Saturday January 24<sup>th</sup> 10:00am-1:00pm

**What:** A fun, fast-paced deck-building card game set in Medieval times. Whether you're brand new or have played before, you're welcome to join for friendly games, easy-to-learn strategy, and a relaxed, social atmosphere. Recommended for Teens and adults 13+.

### FIRESIDE FAIRYTALES STORY TIME



**Where:** 218 East Midland Avenue Woodland Park, Colorado

**When:** Thursday January 22<sup>nd</sup> 5:45pm-6:30pm

**What:** Join us for an evening fireside storytime with hot chocolate. Wear your pajamas, bring a stuffed friend, and get cozy for stories and songs. Please arrive before 6:00 PM, as entry is not available after that time. Recommended for families.



**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://fcgov.com/recreation)

<https://coloradosprings.gov/>