Pikes Peak Respite Services Newsletter

ISSUE NO.

11

November 2026



November brings a special opportunity to reflect on gratitude, kindness, and the importance of giving back. As the colorful days of fall give way to cooler weather and the holiday season approaches, we're reminded of the value of family, friendship, and the connections that make our communities stronger.

This month, we recognize Veterans Day, honoring the courage, service, and sacrifices of those who have served our country. Thanksgiving offers a time to gather with loved ones, celebrate traditions, and appreciate the blessings in our lives. November is also National Family Caregivers Month, a meaningful opportunity to recognize the dedication, patience, and compassion of those who provide care and support to others.

During this season of thankfulness, we want to express our heartfelt appreciation to you, our incredible providers. Your commitment, understanding, and willingness to go above and beyond bring comfort, encouragement, and stability to the individuals and families we serve. The difference you make is truly something to be thankful for.

As the holiday season begins, we encourage you to find moments to slow down, enjoy time with loved ones, and care for yourself as generously as you care for others. Whether it's sharing a holiday meal, enjoying a peaceful fall afternoon, or creating special memories, we hope November brings warmth, happiness, and gratitude.

From all of us at PPRS, thank you for everything you do. We are grateful to have you as part of our team and wish you and your families a wonderful November and a Happy Thanksgiving!

- The PPRS Administrative Team

📢 **Important Community Announcement**

Pikes Peak Respite Services

PPRS families, caregivers, and community members—please put this on your calendar.

Colorado Medicaid Commission Meeting

November 10 | 9 a.m.

Location: LSB-A

Public testimony will be available, according to the announcement shared here.

At Pikes Peak Respite Services, we see how much Medicaid services mean to families. Having dependable support can mean a parent keeps their job, a caregiver gets a much-needed break, or someone has the help they need to participate in their community.

Those everyday experiences deserve to be part of the conversation.

If you choose to speak, you don't need a perfect speech. Share what services make possible for your family, where you're struggling, and what you want decision-makers to understand.

Please share this with someone who may want to participate, and check the official meeting agenda for testimony instructions before making plans.



NOVEMBER 2026 Event Calendar

Give Thanks

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 All Saints' Day	2 Día de los Muertos (continues)	3 Election Day (USA)	4 National Stress Awareness Day	5 National Nachos Day	6 National Doughnut Day	7 National Be Kind to Veterinarians Day
8 STEM/STEAM Day	9 World Freedom Day	10 U.S. Marine Corps Birthday	11 Veterans Day	12 World Kindness Day	13 World Pizza Day	14 National Pickle Day
15 America Recycles Day	16 National Fast Food Day	17 Take a Hike Day	18 Mickey Mouse Birthday	19 World Toilet Day	20 Universal Children's Day	21 World Television Day
22 National Music Day	23 National Espresso Day	24 National Sardines Day	25 National Pie Day	26 Thanksgiving Day (USA)	27 Black Friday	28 Small Business Saturday
29 National Pet Adoption Day	30 Computer Security Day					

Hello November

ALL MONTH LONG OBSERVANCES

National Adoption Month
Raises awareness about adoption and supports children and families.

National Gratitude Month
A time to focus on thankfulness and appreciation.

National Alzheimer's Disease Awareness Month
Raises awareness and supports those affected by Alzheimer's disease and other dementias.

National Family Caregivers Month
Recognizes and appreciates family caregivers.

National Diabetes Awareness Month
Promotes education, prevention, and support for those affected by diabetes.

Lung Cancer Awareness Month
Raises awareness about lung cancer prevention, early detection, and support.

Native American Heritage Month
Honors the history, culture, and contributions of Native American communities.

National Healthy Skin Month
Encourages skin cancer prevention and healthy skin care.

Celebrate, participate, and make every day meaningful!

Holiday Support Series: Finding Calm in the Holiday Chaos

November 5, 12 & 19 • 60-minute sessions on Zoom

The holidays can bring extra planning and stress for families of children with disabilities. Changes in routines, school breaks, busy gatherings, and expectations about how the holidays should go can be a lot to manage.

Over three weeks, we'll talk about these pressures, share experiences, and explore ways to support your child while caring for yourself, too.

You'll leave with tools to recognize early signs of stress, prepare your child for changes, and make a holiday plan that fits your family. We'll work through options for breaks, quieter spaces, and backup plans, with time for questions, connection, and support from other families.

Pikes Peak RESPITE SERVICES
Care Support Possibilities
COLORADO

A 3-WEEK SUPPORT SERIES

PRACTICAL TOOLS | REAL SUPPORT | STRONGER FAMILIES

Finding Calm in the Holiday Chaos

A 3-WEEK SUPPORT SERIES



The holiday season can be a joyful time, but it can also bring added stress, high expectations, and new challenges for families. Join Pikes Peak Respite Services for a supportive, interactive series designed to help you manage holiday stress, strengthen family connections, and create a more peaceful and meaningful season.

WEEK 1

Understanding Holiday Stress

- Identify common stressors
- Explore how stress impacts you and your family
- Recognize personal triggers
- Build awareness and self-compassion

WEEK 2

Coping Skills & Healthy Boundaries

- Learn practical stress management strategies
- Set realistic expectations
- Navigate difficult relationships
- Practice saying no without guilt
- Reduce financial and time pressures

WEEK 3

Creating Calm & Connection

- Support children's emotions and behaviors
- Create realistic and meaningful traditions
- Build a family holiday plan
- Develop a self-care and support plan
- Focus on what truly matters

JOIN
A 3-WEEK VIRTUAL SUPPORT SERIES

THURSDAYS
November 5, 12 & 19
6:00 PM
Virtual Meeting

QUESTIONS OR JOIN?
Contact Aimee Mathias
719-318-6483
a.mathias@pikespeakrespiteservices.com

Parent Connection and Accountability Group

Every Tuesday beginning November 3rd.

Join us virtually every Tuesdays at 10 a.m. for time to get to know other PPRS families, share what's going on in your life, and create meaningful connections. Bring a question, share something that's been hard or something that's going well, or hear how other families are handling similar experiences. There's room for everyday conversation.

Through these weekly connections, you can build relationships with other parents, exchange ideas and resources, and find support for things you're working through.



Nurse Breanna's

Medical Maxims

The Science of Gratitude: Can Thankfulness Actually Improve Your Health?

November is a season of thankfulness, but did you know that practicing gratitude may do more than simply make us feel good? Research suggests that regularly acknowledging the positive aspects of our lives can have meaningful benefits for our mental and emotional well-being.

The Science Behind Gratitude

Gratitude is the practice of recognizing and appreciating the good things in life, whether they're big milestones or small everyday moments. It might be a warm cup of coffee, a beautiful Colorado sunrise, a kind gesture from a stranger, or quality time with someone we love.

Scientists have discovered that intentionally practicing gratitude can help shift our attention away from constant worry and toward positive experiences.

A 2023 systematic review and meta-analysis examining 64 randomized clinical trials found that gratitude-based activities were associated with improved mental well-being, more positive emotions, and reductions in symptoms of anxiety and depression.

In other words, taking a few moments to appreciate what's going right may help us better navigate what's going wrong.

Did You Know? The Science of Thankfulness

Researchers have found that something as simple as expressing gratitude can make a measurable difference in emotional well-being!

A 2023 analysis of 25 randomized controlled trials involving 6,745 participants found that gratitude exercises produced a small but statistically significant improvement in psychological well-being, including happiness, positive emotions, and life satisfaction.

Another review of 64 randomized clinical trials found that gratitude practices may also help reduce symptoms of anxiety and depression.

While gratitude isn't a substitute for medical or mental health treatment, it can be a valuable addition to our everyday wellness routines.

The takeaway? You don't need an elaborate wellness routine to begin nurturing a more positive mindset. Sometimes, a few intentional moments of appreciation are a meaningful place to start!

How Gratitude May Benefit Your Health

1. Helps Manage Stress

When life feels overwhelming, our minds naturally focus on problems, responsibilities, and uncertainties. Gratitude provides an opportunity to redirect some of that attention toward meaningful, positive experiences. Over time, this practice may help improve emotional resilience and our ability to cope with everyday stressors.

2. Supports Better Sleep

Have you ever found yourself lying awake, mentally reviewing everything that went wrong during the day or worrying about tomorrow?

Some studies suggest gratitude practices may improve perceived sleep quality. Reflecting on a few positive moments before bedtime can provide a calming alternative to dwelling on daily stressors, although more research is needed to confirm consistent sleep benefits.

3. Promotes a More Positive Mood

Gratitude doesn't mean ignoring life's difficulties or pretending everything is perfect. Instead, it allows us to recognize that challenging circumstances and meaningful moments can coexist. Research suggests regularly practicing gratitude can increase positive emotions and life satisfaction and may help reduce symptoms of anxiety and depression.

4. Strengthens Relationships

Expressing appreciation helps others feel seen and valued. Whether it's thanking a caregiver for their patience, acknowledging a family member's support, or sharing a heartfelt compliment, gratitude can help nurture meaningful connections and strengthen our sense of community.

Try the 5-Minute Gratitude Challenge!

This November, challenge yourself and your family to spend just five minutes each day practicing gratitude.

Step 1: Write down three things you're grateful for. They don't need to be extraordinary. Sometimes the smallest moments bring us the greatest joy

.

Step 2: Reflect on why they matter. Take a moment to consider how these people, experiences, or simple pleasures positively affect your life.

Step 3: Share your appreciation. Tell someone why you're thankful for them. A thoughtful text, a handwritten note, or a sincere "thank you" can brighten someone's day.

Bonus Tip: Try making gratitude part of your bedtime routine. Before turning out the lights, think of three things that went well during the day.

For children or individuals who have difficulty writing or communicating, gratitude can also be expressed through pictures, gestures, conversation, or choosing a favorite moment from the day.



November Family Activity: Create a Gratitude Jar!

Looking for a fun, meaningful activity to share with family, friends, or the individuals you care for? Try creating a Gratitude Jar!

Here's how it works:
1. Find an empty jar, container, or small decorative box.
2. Cut colorful paper into small slips.
3. Each day throughout November, write or draw something you're thankful for and place it in the jar.
4. Encourage everyone in your household to participate, including children, caregivers, and family members.
5. At the end of the month, gather together and read your gratitude notes!

For individuals who need additional support, caregivers can help write down their thoughts or use photographs, drawings, or picture cards to encourage participation.

Why it matters: This simple activity encourages positive reflection, meaningful communication, and shared moments of connection.

Imagine reaching the end of November with a jar filled with little reminders of all the good moments you experienced throughout the month!

A Final Thought from Nurse Breanna

Gratitude doesn't erase our challenges, but it can change how we experience them.

As we enter this season of thankfulness, I encourage you to slow down, appreciate the little moments, and recognize the people who make a difference in your life.

Remember, practicing gratitude doesn't require a perfect life. Sometimes the greatest moments of thankfulness arise from the simplest things—a helping hand, a shared laugh, a peaceful moment, or the comfort of knowing someone cares.

Sometimes, the smallest shift in perspective can make a meaningful difference in our overall well-being.

Wishing you and your loved ones a November filled with gratitude, connection, and good health!

— Nurse Bre
Pikes Peak Respite Services

Research References

The Effects of Gratitude Interventions: A Systematic Review and Meta-Analysis. Einstein (São Paulo), 2023. https://pubmed.ncbi.nlm.nih.gov/37585888/

The Effect of Expressed Gratitude Interventions on Psychological Wellbeing. International Journal of Applied Positive Psychology, 2023. https://doi.org/10.1007/s41042-023-00086-6

A Systematic Review of Gratitude Interventions: Effects on Physical Health and Health Behaviors. Journal of Psychosomatic Research, 2020. https://pubmed.ncbi.nlm.nih.gov/32590219/



Pikes Peak Respite Services · November Wellness Newsletter



PPRS
Better Together.

CHILD & YOUTH MENTOR OF THE MONTH

November 2026

Laura Stankiewicz

CHILD AND YOUTH MENTOR | PIKES PEAK RESPITE SERVICES



The Heart of Mentorship

Laura is a thoughtful, compassionate, and dedicated Child and Youth Mentor who consistently puts the best interests of the youth and families she supports first. She takes the time to understand each youth's individual needs, builds meaningful connections, and creates opportunities for youth to develop independence, confidence, and social skills.

Laura works with several youth, and the feedback from families has been nothing short of amazing. She supports not only their children, but their families as a whole. Her kindness, patience, and genuine care truly embody what it means to be a mentor who leads with connection and understanding.

We are so grateful to have her as part of the PPRS family!

A Family's Perspective

From Kristi, Justin's Mom

When we first met Laura, she connected with our son so quickly we knew she was the one. Our son hardly trusted anyone, but with Laura, she had a personality that just clicked with Justin. He felt safe and trusted her right away.

Through her support, Laura has helped Justin gain independence in public settings. He has started navigating public spaces on his own and is much more engaged in the community. Laura has always been a sturdy anchor for Justin, encouraging him to explore new experiences and to engage with others socially. Her ongoing presence and guidance have helped him build the confidence he always needed.

When things get overwhelming, Laura is always right there for Justin. She stays calm in stressful situations, guiding him step by step to help him work through his stress so he never has to face it alone. She is always giving him tips and ideas on how to work through stressful situations or even how to talk to someone.

She has established a deep trust with Justin; he shares his emotions with her so freely now. This bond has evolved into a family like relationship, with Justin viewing Laura as a cherished grandmother figure.

Laura has been an incredible support to our family as well. She keeps communication open, always keeps us in the loop, and works closely with us as a team. When we are struggling to connect with Justin, going through a tough patch, or an emergency, she steps right in, helping bridge the gap and helping us all work through it together. Laura is always right there to back us up, whether Justin needs support at school, at home, or out in the community. Everything she does comes from a place of genuine care — she truly has Justin's best interest at heart, as well as ours as a family.

Having Laura in our lives for over a year now has changed so much. We are so grateful to have her in our lives and for what she has done for Justin. He wouldn't be the amazing young man he is right now without her help and support through all of this!

OUR PPRS VALUES

- BUILDS TRUST
- SUPPORTS FAMILIES
- ENCOURAGES INDEPENDENCE
- CREATES LASTING IMPACT

Congratulations, Laura!

Thank you for your compassion, dedication, and for making a difference in the lives of the youth and families you support every day. You are a valued part of the PPRS family!

Know a Child & Youth Mentor (CYM) or Community Connector (CC) who makes a difference?

Families are welcome to nominate a CYM or CC by emailing j.Campbell@pikespeakrespiteservices.com


Happy
NOVEMBER
WORK ANNIVERSARIES!
Thank you for your dedication, hard work, and all that you do. We appreciate you!
4 Years
Leena F.
3 Years
Joshua D.
Riley G.
Kimberly N.
Susan K.
Ada V.
Kate W.
2 Years
Adrienne A.
Chineta D.
Jennifer M.
Kassandra P.
Joshua P.
Michael R.
1 Year
Nana A.
Desiree A.
Aliah A.
Christine B.
Ileana B.
Amanda B.
Margaret C.
Pam G.
Bryanna G.
Jacqueline I.
Jennifer R.


Happy
NOVEMBER
BIRTHDAYS!
Celebrating You!
Thank you for all you do.
You make a difference every day!
Another Year Brighter!
Kind People Make a Big Difference
November 1st – 9th
1st – Stephanie H.
2nd – Kristie L.
3rd – Gianna S.
3rd – Susan M.
5th – Amanda S.
5th – Stephanie C.
6th – Jennifer R.
6th – Kassandra P.
7th – Crystal R.
7th – Dana R.
7th – Jason B.
7th – Krystal F.
7th – Michael M.
8th – Charlise H.
9th – Abbigayle M.
9th – Robin H.
9th – Shari C.
November 11th – 19th
11th – Amanda W.
11th – Ashley V.
12th – Vanessa R.
13th – Monica C.
14th – Nicci J.
14th – Sharonda H.
15th – Bernadette W.
15th – Kendra S.
16th – Ariel S.
16th – Kayla B.
16th – Pete E.
17th – Debra M.
18th – Danielle D.
18th – Deborah G.
18th – Madison W.
18th – Nana A.
19th – Mindi M.
November 20th – 30th
20th – Jordynn P.
20th – Loresa S.
20th – Tobi W.
20th – Tylor D.
21st – Ashley D.
21st – Bobbie R.
21st – Carol O.
22nd – Billie L.
23rd – Beverly K.
23rd – Kristie B.
24th – Heather R.
25th – Haylee F.
25th – Sheila H.
28th – Aveen A.
28th – Frederica C.
29th – Francisca R.
Wishing you a
WONDERFUL DAY
and an amazing year ahead!

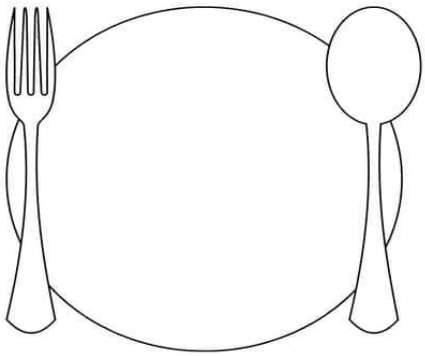


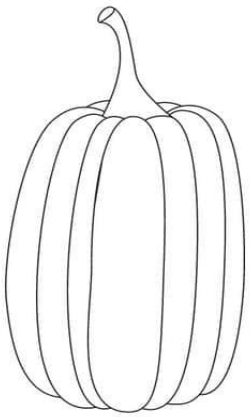
"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together."

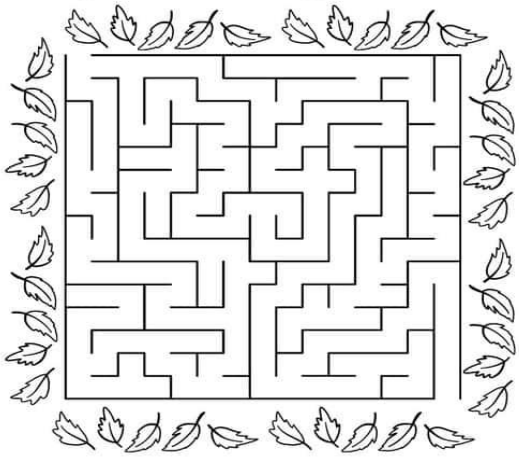


Happy Thanksgiving

Draw your favorite Thanksgiving food:

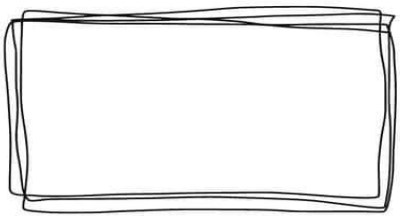




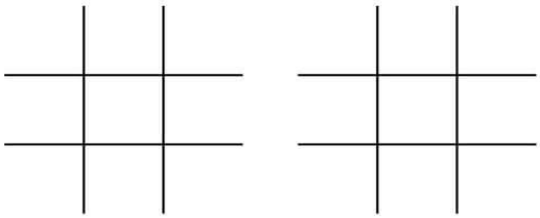




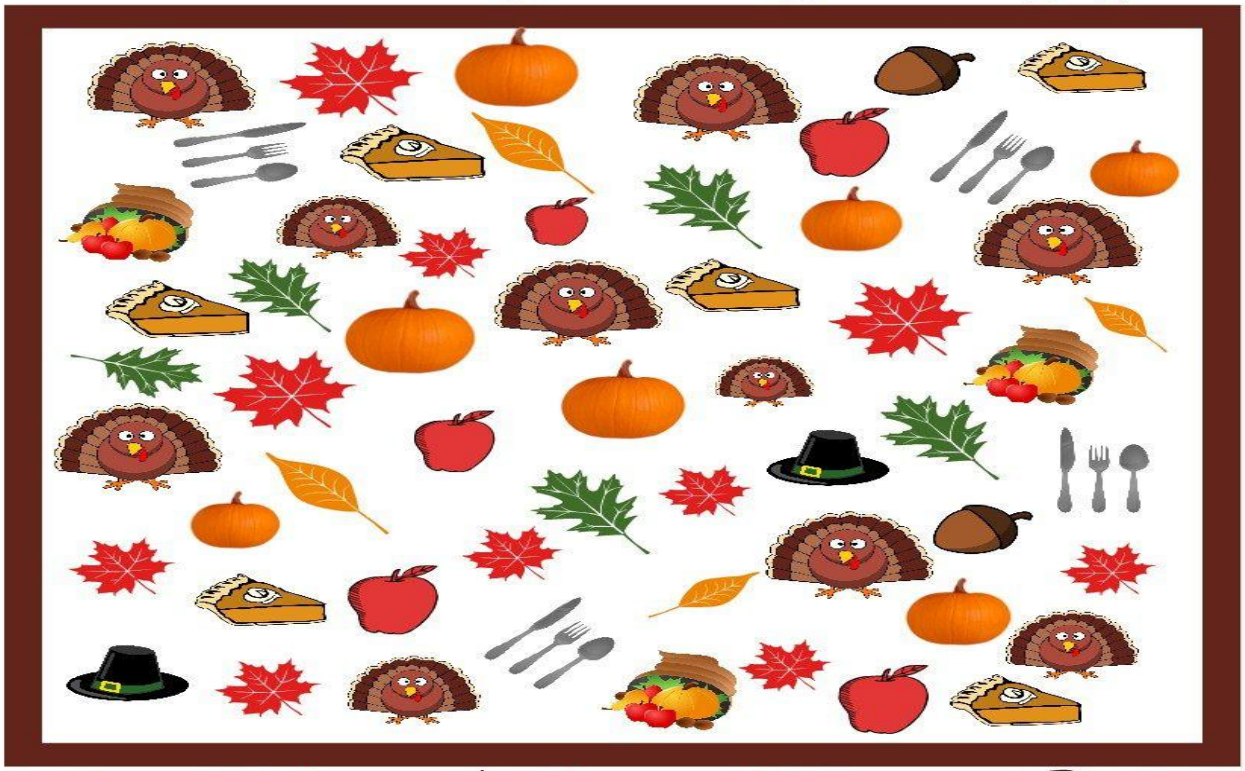
I'm Thankful For:

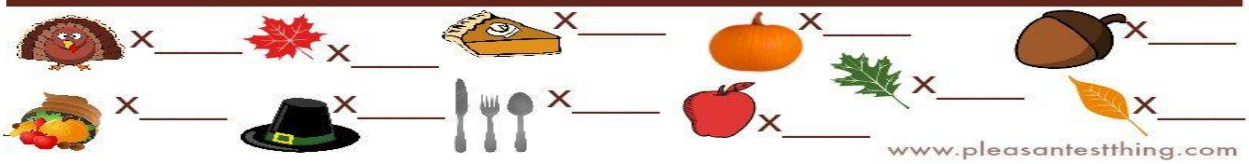






Thanksgiving I Spy





www.pleasantestthing.com


VETERANS DAY
Word Search
HONORING ALL WHO SERVED
Find the words below in the puzzle. Words can be horizontal, vertical, diagonal, forward, or backward.
S E R V I C E C O U R A G E
F R E E D O M H O N O R U V
P A T R I O T I C L O Y A L
S A C R I F I C E T H A N K
B R A V E R Y U N I T Y E D
V E T E R A N S P R I D E S
D E D I C A T I O N R E S P
A M E R I C A H E R O E S O
R E S P E C T M I L I T A R
T R A N S E R V E T R U S T
C O M M I T M E N T S A L U
L I B E R T Y F A M I L Y P
V A L O R C O U N T R Y G S
S U P P O R T P R O T E C T
WORD LIST
AMERICA
BRAVERY
COMMITMENT
COURAGE
COUNTRY
DEDICATION
FAMILY
FREEDOM
HEROES
HONOR
LIBERTY
LOYAL
MILITARY
PATRIOTIC
PRIDE
PROTECT
RESPECT
SACRIFICE
SERVICE
SUPPORT
THANK
TRUST
UNITY
VETERANS
VALOR
THANK YOU
for your service!


NATIONAL
FAMILY
CAREGIVERS
MONTH
Celebrating the millions of Americans who care for a family member, friend, or neighbor.


companions
statistics
medications
growth
bandages
believe
emotional
education
profession
philosophy
life
aide
administer
difference
Respite
important
plus
faster
shopping
everyone
value
provide
show
job
Family
tasks
staff
honor
Month
rate
assist
Services
laundry
caregivers
million
Advanced
physically
best
team
first
see
topic
years
Caregivers
demanding
homes
hard
Home
year
makes
support
seriously
work
every
respect
grocery
challenges
recent
signs
caregiver
monitor
growing
November
quiet
Caregiver
many
commitment
physical
parents
according
heroes
dedicated
written
hours
emotionally
across
outsource
Every
appreciation
everyday
like
lives
aides
continues
month
home
need
Action
management
United
Care
amazing
vital
estimated
Massachusetts
daily
big
proud
face
take
clients
also
throughout
care
focus
theme
never
coping
Read
serve
cares
day
starts
change
love
hand
asset
market
Network
night
stress
health
States
strongly
incredibly
average



NOVEMBER 2026
COMMUNITY EVENTS

COLORADO SPRINGS & EL PASO COUNTY

NOV 6 
First Friday Art Walk
Downtown Colorado Springs
5:00 PM – 9:00 PM

NOV 7 
Veterans Day Parade
Downtown Colorado Springs
11:00 AM

NOV 7 
Bear Run
Bear Creek Nature Center
10:00 AM

NOV 14 
Pioneers Museum WWII Lecture
2:00 PM – 3:00 PM

NOV 21 
Holiday Craft Fair
1505 E. Monument St.
10:00 AM – 3:00 PM

PUEBLO

NOV 6–8 
Pueblo Home Show
Pueblo Convention Center

NOV 7 
Brushes for Blessings Art Event
Pueblo Convention Center
4:00 PM – 10:00 PM

NOV 14–15 
Pueblo Holistic Fair
Pueblo Convention Center

NOV 21–22 
Winter Wonderland Holiday Bazaar
Pueblo Convention Center

NOV 28 
Riverwalk Holiday Lighting
Pueblo Riverwalk
5:00 PM – 7:00 PM

NOV 28 
Pueblo Parade of Lights
Downtown Pueblo

Please confirm details with event organizers before attending.

EXPLORE
DISCOVER
HISTORY
OUTDOORS
FAMILY FUN

Things to Do in Teller County

November 2026

Small Towns Big Adventures!

TELLER COUNTY EVENTS



Veterans Day Ceremony

Wednesday, November 11, 2026
Time to be announced
Cripple Creek Memorial Park

Join the community in honoring our local veterans with a ceremony and special tribute.



Cripple Creek Holiday Kickoff

Saturday, November 28, 2026
Historic Downtown Cripple Creek

Celebrate the start of the holiday season with festive lights, local shops, food, and family fun!

WOODLAND PARK AREA



Mountain Holiday Market

Saturday, November 21, 2026
10:00 AM – 4:00 PM
Ute Pass Cultural Center Woodland Park

Shop local vendors, handmade goods, and unique holiday gifts!



Fall Hikes & Scenic Drives

All Month Long
Woodland Park Area

Take in the beautiful late fall views, fewer crowds, and crisp mountain air!



Rocky Mountain Dinosaur Resource Center

Open Year-Round
Woodland Park

Explore real fossils, interactive exhibits, and learn about Colorado's prehistoric past!

CRIPPLE CREEK AREA



Cripple Creek and Victor Narrow Gauge Railroad

Open Seasonally
Cripple Creek

Take a scenic train ride through historic mining country and enjoy the beautiful fall scenery.



Cripple Creek Heritage Center

Open Year-Round
Cripple Creek

Learn about the rich mining history of the area and explore fascinating exhibits.



Old Homestead House Museum

Open Seasonally
Cripple Creek

Step back in time at one of Cripple Creek's most historic homes.

MORE WAYS TO ENJOY TELLER COUNTY

HIKING
Explore scenic trails and enjoy crisp fall air.

SCENIC DRIVES
Discover stunning fall foliage and breathtaking mountain views.

LOCAL HISTORY
Visit museums, historic towns, and mining heritage sites.

FAMILY FUN
Events, outdoor adventures, and unique attractions for all ages.

FALL COLORS
November offers beautiful views as the seasons change.

Small Town Charm ✦ Scenic Views ✦ Outdoor Adventures ✦ Lasting Memories

NOVEMBER 2026 Community Events

DENVER & NORTHERN COLORADO

DENVER AREA



Denver Arts Week
Various Locations Throughout Denver
A citywide celebration of arts and culture featuring special events, exhibitions, and creative experiences.



Cherry Creek Holiday Market
Cherry Creek North, Denver
Shop unique gifts, enjoy festive décor, and experience a European-style holiday market.



Denver Christkindlmarket
Tivoli Quad, Denver
Experience an authentic German holiday market with handcrafted gifts, food, and seasonal fun.



Blossoms of Light
Denver Botanic Gardens, Denver
Explore dazzling light displays throughout the gardens.
Tickets required. Closed November 26.



Zoo Lights
Denver Zoo, Denver
A glowing, family-friendly tradition with spectacular light displays.
Select nights. Ticketed event.



Union Station Grand Illumination
Denver Union Station, Denver
4:00 PM – 8:00 PM
Tree lighting at 6:10 PM.
Kick off the holiday season with lights, music, and festive fun.



Santa at Union Station
Denver Union Station, Denver
11:00 AM – 4:00 PM
Meet Santa and enjoy family activities in a festive setting.



Candlelight Walk
Downtown Littleton
5:00 PM – 9:00 PM
Stroll through a beautifully lit downtown with holiday lights, carolers, and festive fun.

NORTHERN COLORADO



Downtown Holiday Lighting Ceremony
Old Town Square, Fort Collins
5:30 PM – 7:00 PM
Celebrate the start of the holiday season with lights, music, and fun.



First Friday Art Walk
Old Town Fort Collins
6:00 PM – 9:00 PM
Explore local art, meet artists, and enjoy a festive evening downtown.



Festival of Lights
Loveland
5:00 PM – 8:00 PM
Enjoy holiday lights, live entertainment, and family activities downtown.



Lighting of the Trees
Estes Park
3:30 PM – 6:00 PM
Kick off the holiday season with the lighting of the trees, music, and family fun.



Holiday Artisan Market
The Ranch Events Complex Loveland
Shop handmade goods from local makers and artists.



Colorado Makers Market
Aztlan Community Center, Fort Collins
12:00 PM – 5:00 PM
Shop unique, handmade items from local makers and artists.

Please confirm details with event organizers before attending.

COLORADO Holiday Resource Guide FOR FAMILIES

Stronger Families Brighter Holidays

NOVEMBER & DECEMBER 2026

Food Assistance • Holiday Meals • Gifts for Children • Community Support

Thanksgiving
FOOD ASSISTANCE & HOLIDAY MEALS

These local organizations are offering Thanksgiving food boxes, meals, and groceries to help families in our community. Registration is open unless otherwise noted. Please contact each organization directly for eligibility details and required documentation.

No family should go without a holiday meal!

COLORADO SPRINGS

Pikes Peak United Way
Drive-Through Food Distribution
Free family food distribution with groceries and household essentials.
- Thursday, November 19, 2026
- 3:00 – 5:30 p.m.
- Springs Church Parking Lot
- 1515 Auto Mall Loop, Colorado Springs
- www.ppunitedway.org/get-help
- 719-632-1543

ARVADA

Arvada Covenant Church
Thanksgiving Bags
Provides Thanksgiving grocery bags (two sizes available) with holiday meal ingredients for families in need.
- Registration deadline: Friday, Nov. 6, 2026
- Call 303-422-1235 and leave your name, phone number, and household size.
- www.arvadacovenant.org/acc-gives-2026

DENVER

Operation Free Bird
Thanksgiving Food & Resource Fair
Turkey vouchers, food boxes (for 4 people), fresh produce, and access to community resources (housing, health, veteran services).
- Saturday, November 21, 2026
- 10:00 a.m. – 2:00 p.m.
- Mountain States Toyota
- 201 W. 70th Avenue, Denver
- www.operationfreebird.org
- 720-382-1971

DENVER

Denver Feed A Family
Thanksgiving Baskets
Thanksgiving baskets including a turkey and meal ingredients for ~8 people.
- Saturday, November 21, 2026
- 9:00 a.m. (while supplies last)
- 1865 Bruce Randolph Avenue, Denver
- www.epworthfoundation.org
- 303-388-2359

PUEBLO

Pueblo Cooperative Care Center
Thanksgiving Food Boxes
Provides holiday food boxes with turkey and traditional meal items for local families.
- Call 719-543-7484 for registration information and eligibility.
- 929 W. 6th Street, Pueblo
- www.pueblo.coop
- 719-543-7484

FORT COLLINS

Community Harvest Food Bank
Holiday Food Distributions
Provides holiday meal ingredients and groceries for families in need.
- Check website for November 2026 distribution dates and locations.
- www.foodbanklarimer.org
- 970-493-4477

TELLER COUNTY (Woodland Park, Divide, Cripple Creek)

Community Cupboard Food Pantry
Provides groceries and holiday meal items for local families.
- 719-687-3663
- 320 W. Henrietta Avenue, Woodland Park

NEED MORE HELP?

- **211 Colorado** — Dial 2-1-1 — www.211colorado.org
- **Find Local Food Pantries** — www.foodbankrockies.org — www.careandshare.org
- **Community Resource Centers** — Many local centers offer ongoing support during the holiday season.

Christmas
GIFTS FOR CHILDREN & FAMILY SUPPORT

Be sure to include your full name and complete return address (including apartment number) on the letter and envelope. Gifts are not guaranteed.

These organizations offer Christmas gifts, toy shops, and Adopt-A-Family programs for eligible families. Registration is open unless otherwise noted. Please contact each organization directly for eligibility requirements, deadlines, and required documentation.

Every child deserves a magical Christmas!

KENZI'S CAUSES – 2026 TOY SHOPS

Free new toys for children (registration required for most locations). Each child typically receives a new toy, a small toy, and a stocking.

COLORADO SPRINGS
- Saturday, December 5, 2026
- YMCA 1st and Main
- 3035 New Center Point
- Colorado Springs, CO 80922
- Registration required (see website for details)

DENVER
- Saturday, December 5, 2026
- National Western Center
- North Hall of the Livestock Center
- 4850 National Western Drive
- Denver, CO 80216
- Registration required (see website for details)

PUEBLO
- Saturday, December 5, 2026
- Colorado State Fair
- 1001 Beulah Avenue
- Pueblo, CO 81004
- Registration required (see website for details)

FORT COLLINS
- Saturday, December 12, 2026
- 9:00 a.m. – 1:00 p.m. (or until supplies last)
- Northside Aztlan Community Center
- 112 E. Willow Street
- Fort Collins, CO 80524
- First-come, first-served (tickets distributed on-site)

www.kenziscauses.org

Families may attend only one Kenzi's Causes Toy Shop per year.
Bring photo identification, each child's birth certificate, and a large bag for gifts.
Registration for Colorado Springs, Denver, and Pueblo opens in advance and fills quickly (watch their Facebook page for updates).

USPS OPERATION SANTA

Children and families can write letters to Santa sharing their holiday wishes. Volunteer adopters may select letters and send gifts.
- Letters accepted now through December 5, 2026 (postmark).
- Mail to: Santa Claus, 123 Elf Road, North Pole, 88888
- www.uspsoperationsanta.com

Be sure to include your full name and complete return address (including apartment number) on the letter and envelope. Gifts are not guaranteed.

SALVATION ARMY – ANGEL TREE

Provides Christmas gifts for children in need. Contact your local Salvation Army for 2026 registration dates and eligibility.
- Colorado Springs: 719-636-3891
- Denver Citadel: 303-922-4549
- Pueblo: 719-543-3656
- Fort Collins: 970-207-4472
- Teller County: 719-687-3361

CHRISTMAS UNLIMITED

Provides new toys and gifts for children in El Paso County (Colorado Springs) and may serve Teller County.
- Applications open in the fall. Check the website for 2026 dates.
- www.christmasunlimited.org
- 719-633-3220

MARINE TOYS FOR TOTS

Provides new toys to children in need. Families apply through their local campaign. Registration dates and eligibility vary by location.
- Find your local campaign: www.toysfortots.org/request-a-toy

GIFTS FOR COLORADO KIDS

Supports children with open abuse or neglect cases through guardians ad litem. Not a public application. Case professionals should inquire about eligibility.
- www.giftsforcoloradokids.org

SPECIAL NEEDS & ADDITIONAL SUPPORT

For families of children with disabilities or additional support needs, ask your care coordinator, case manager, school social worker, or local resource center about holiday programs and accessible distribution options.

Wishing you a safe, healthy and joyful holiday season!

NOVEMBER 2026 PPRS EVENT SCHEDULE

ARVADA

TODDLER TIME



Where: 5751 Balsam Street Arvada, Co 80002
When: Nov 2nd – November 300th Mondays Tuesdays and Fridays
What: Bring your little one for a fun-filled time of singing, dancing, rhyming, and storytelling! Enjoy interactive activities that spark imagination, encourage early learning, and help little ones build social and early reading skills while having fun with others!



TWEENS WRITING GROUP

Where: 555 S. Allison Parkway, Lakewood, CO 80226
When: November 4, 18th, and 25th | 6:30 PM–7:30 PM
What: Calling all young writers and creative minds! Grab your favorite pencil, bring your imagination, and get ready for an hour of creativity and fun! Tweens will explore exciting writing prompts, dream up their own stories, share ideas, and chat with other young writers. There will even be time to decorate and personalize their pages! Whether you love writing stories or just want to try something new, this is a fun and welcoming space to get creative, make connections, and let your imagination shine! Open to tweens ages 9–12.



TEEN ADVISORY BOARD

Where: 8485 Kipling St., Arvada, CO 80005
When: Wednesday, November 4, 2026 | 6:00 PM–7:30 PM
What: Want to make a difference in your community? Join the Teen Advisory Board to meet new friends, share ideas, help plan exciting library events, and explore volunteer opportunities! Teens can build leadership and teamwork skills while helping create a welcoming space for everyone. Open to students in grades 7–12. Speak with the Teen Librarian to learn about openings and how to Join.

ARVADA

LIBRARY FOR ALL



Where: 8485 Kipling St., Arvada, CO 80005
When: Tuesday, November 10, 2026 | 1:00 PM–2:00 PM
What: Join Library for All, a fun and inclusive program for adults with disabilities! Enjoy arts and crafts, games, music, storytelling, and special activities designed for different interests and abilities. A wonderful opportunity to get creative, make friends, and connect with others in a welcoming environment!

NOVEL NOVEMBER WRITING CHALLENGE



Where: 8485 Kipling St., Arvada, CO 80005
When: Tuesday, November 17, 2026 | 6:00 PM–7:00 PM
What: Calling all older adults who love writing and storytelling! Join the Novel November Writing Challenge for a fun, welcoming evening of creativity and connection! Enjoy dedicated writing time, helpful resources, snacks, and drinks while sharing ideas with fellow writers. Whether you're starting a new story or continuing one, come get inspired! First-time participants can even claim a unique writing buddy!

COLORADO SPRINGS

PLAYGROUPS



Where:
- Tuesday: 1175 Chapel Hills Dr., Colorado Springs, CO 80920
- Saturday: 230 S. Main St., Fountain, CO 80817

When: Tuesday, November 3 & Saturday, November 21 | 10:30–11:30 AM
What: A free, interactive playgroup for children ages 0–5 and their caregivers! Enjoy hands-on activities that encourage creativity, early learning, and social skills. Sensory supports are available upon request. Arrive early, as space is limited!

SENSORY STORYTIME



Where: East Library, 5550 N. Union Blvd., Colorado Springs, CO 80918
When: Thursday, November 5, 2026 | 4:00–4:30 PM
What: A free, inclusive Storytime for children ages 3–12, including those with sensory and learning differences! Enjoy interactive stories and fun activities that encourage communication and social skills. Caregivers are welcome, and sensory supports are available upon request. Registration: Required. Space is limited! Register by November 5 at 4:00 PM.

COLORADO SPRINGS



CLAY EXPLORATION: QUOTE TAGS

Where: 1821 S. Academy Blvd., Colorado Springs, CO 80916
When: Thursday, November 5th & 19th | 4:00–6:00 PM
What: Get creative in this hands-on clay workshop for ages 9+! 🎨 Design your own clay creation, then return to glaze and finish it. A fun way to build creativity, fine motor skills, and social connections! Ages 9–13 must attend with an adult. Registration: Required. Opens October 22 at 4:00 PM. Library card required; registration covers both sessions. Minors need a signed Creative Space Use Agreement. Contact: Christian Byrd | (719) 531-6333 ext. 6136 | cbyrd@ppld.org



TEEN CRAFT GROUP

Where: 20 N. Cascade Ave., Colorado Springs, CO 80903
When: Wednesdays, November 4 & 18, 2026 | 3:30–4:30 PM
What: Calling all creative teens ages 13–18! Bring your own craft project, discover new crafts, and connect with friends in a fun, relaxed setting. No experience needed, just come create and socialize!



FIBER ARTS GROUP

Where: CreateSpace, 1175 Chapel Hills Dr., Colorado Springs, CO 80920
When: Fridays, November 13 & 27, 2026 | 10:00 AM–12:00 PM
What: Love knitting, crocheting, or stitching? Join this free, welcoming fiber arts group for adults ages 18+! Bring your own project, share ideas, learn new techniques, and connect with fellow crafters. All skill levels welcome!

DENVER



KIDS CREATE: SUGAR SKULLS

Where: Blair-Caldwell African American Research Library – 1st Floor Lobby
2401 Welton Street, Denver, CO 80205
When: Monday, November 2, 2026 | 4:30 PM – 5:30 PM
What: Get creative and celebrate Día de Muertos (Day of the Dead)! Kids will learn about this colorful Mexican tradition while decorating their very own sugar skull to take home. A fun, hands-on activity filled with art, culture, and creativity!

DENVER



PRESCHOOL STORY AND CRAFT TIME

Where:2961 Roslyn St, Denver, CO 80238
When: Tuesday, November 3, 2026 Story time-10:15-10:45 Craft -10:45-11:30
What: Following Preschool Storytime on the first Tuesday of each month, a preschool craft ideal for ages 3 – 5. Young artists will make a simple craft or experiment with a variety of materials in open-ended art experiences. While supplies last. No registration required.



TWEEN CHESS CLUB

Where: 2961 Roslyn St, Denver, CO 80238
When: November 10th 4:30pm-5:30Pm
What:A fun, structured library club where kids of all skill levels can play chess, learn new strategies, make friends, and practice teamwork, problem-solving, communication, and sportsmanship with peers. Ages 9-12



RECORDING STUDIO BASICS

Where: 10 W 14th Ave, Denver, CO 80204-Central ideaLAB
When: Friday, November 13, 2026 | 2:30 PM – 4:30 PM
What: Ever wanted to create your own song or record your voice? Come explore the recording studio! Learn how to record audio, layer tracks, and save your own creative projects while discovering the fun of music and audio production!
Registration: Opens Friday, October 30, 2026, at 2:30 PM. Advance registration is encouraged but not required.



LAUGHTER YOGA

Where: 4705 Montview Boulevard, Denver, CO 80207
When: Wednesday, November 18, 2026 | 11:00 AM – 12:00 PM
What: Get ready to laugh, relax, and have fun! Enjoy playful laughter exercises, gentle stretching, and calming breathing techniques in a welcoming group setting. A joyful way to reduce stress, boost your mood, and connect with others. All fitness levels are welcome! 18+

FORT COLLINS

FRIDAY CRATERNOON CLUB



Where: SPLASH Youth of Northern Colorado,
2721 S. College Ave., Unit 4A, Fort Collins, CO 80525
When: Fridays, November 6, 13, 20 & 27, 2026 | 3:00–5:00 PM
What: Get creative at Friday Crafternoon Club! Enjoy crafting, expressing yourself, and connecting with peers in a welcoming, LGBTQIA+-affirming environment for youth ages 12+. A great opportunity to build friendships and explore creativity!
Contact: info@splashnoco.org | SplashNoCo.org

ALL AGES STORYTIME



Where: 201 Peterson St, Fort Collins, CO 80524
When: November 4, 11, 18, and 25, 2026 | 11:00–11:30 AM
What: A structured community storytime featuring stories, songs, rhymes, and group play that encourages early literacy, communication, listening, turn-taking, and social interaction with other children and community members.

SNACK AND CRAFT



Where: Council Tree Library – Teen Area, Fort Collins, CO
When: Wednesdays, 3:30–5:30 PM
What: Calling all creative kids and teens ages 10–17! Stop by for a fun afternoon of arts, crafts, snacks, and trying something new! Each week features a different hands-on activity where you can get creative, hang out with other teens, and make something awesome!

SLOW FLOW YOGA



Where: 201 Peterson St, Fort Collins, CO 80524
When: Monday, November 16, 2026 | 4:00–5:00 PM
What: Slow down, stretch, and relax! Join us for a gentle, beginner-friendly yoga class for teens and adults. Enjoy easy stretches, calming movements, and breathing exercises in a welcoming, stress-free environment. All experience levels are welcome, mats are provided, and no registration is needed!

COMMUNITY SCRABBLE



Where: 201 Peterson St, Fort Collins, CO 80524
When: November 21, 2026 | 9:00–11:00 AM
What: Love word games? Come join the fun at Fort Collins Community Scrabble! Open to adults and families of all skill levels, from beginners to experienced players. Meet new people, learn the rules, enjoy friendly competition, and put your word skills to the test! Bring a Scrabble board if you have one. Everyone is welcome!

PUEBLO

STORIES &SONGS



Where: 2525 S. Pueblo Blvd, Pueblo, CO 81005
When: Tuesdays | 10:30–11:00 AM
What: Read, Move, Play, and Grow! Bring your little ones for a fun-filled morning of stories, songs, dancing, crafts, and hands-on activities! Kids can wiggle, explore, make new friends, and learn through play while building creativity, confidence, and early learning skills!

CHESS WITH MARK FROM HARDKNOX GANG PREVENTION & INTERVENTION



Where: 315 E. 7th St, Pueblo, CO 81001
When: Tuesday, November 3, 2026 | 3:15–5:00 PM
What: Chess with Mark from HardKnox Gang Prevention & Intervention! Come enjoy a fun afternoon of chess, pizza, and lemonade! Whether you're learning the game or sharpening your skills, join mentor Mark Salazar to practice smart moves, creative thinking, and planning ahead while having fun and connecting with others!

ZEN-ZONE CRAFTING



Where: 100 E. Abriendo Ave, Pueblo, CO 81004
When: Fridays, November 6, 13 & 27, 2026 | 2:00–4:00 PM
What: Zen-Zone Crafting! Take a break, relax, and let your creativity shine! Drop in for a fun afternoon of watercolor painting, drawing, giant coloring sheets, and other creative crafts. All supplies are provided, or bring your own project! Come unwind, get creative, and make something colorful! Children under 16 must be accompanied by a parent or guardian.

DUNGEONS AND DRAGONS AFTER DARK



Where: 4801 Cibola Dr, Colorado City, CO 81019
When: Tuesdays, November 10 & 24, 2026 | 6:00–8:00 PM
(Games may run until 9:00 PM)
What: Calling all adventurers ages 18+! Join us for a fun evening of Dungeons & Dragons, where you can create characters, explore exciting adventures, solve challenges, and make new friends! Beginners are welcome, no experience needed, and all materials are provided. Just bring your imagination and get ready for an adventure!

TELLER, CO



WIGGLE WEDNESDAYS

Where: Divide Library – 11122 U.S. 24, Divide, CO
When: Wednesdays, November 4, 18 & 25, 2026 | 10:00–10:45 AM
What: Wiggle Wednesdays! Bring your little ones ages 0–5 for a fun-filled morning of stories, songs, movement, and laughter! Kids can wiggle, sing along, explore their imaginations, and make new friends while enjoying playful activities together!

FIBER ARTS CLUB



Where:

- Divide Library: 11122 U.S. 24, Divide, CO
- Woodland Park Public Library: 218 East Midland Avenue, Woodland Park, CO

When:

- Divide Library: November 3 (time to be confirmed) & November 12, 2026 | 11:00 AM–1:00 PM on November 12
- Woodland Park Library: Wednesday, November 18, 2026 | 1:00–3:00 PM

What: Calling all creative teens and adults! Join the Fiber Arts Club for a fun and relaxing time of crocheting, knitting, sewing, felting, macramé, and more! Whether you're a beginner or an experienced crafter, come work on fun projects, share ideas, learn something new, and connect with fellow craft lovers! All skill levels are welcome!

PING PONG AND AIR-HOCKEY



Where: Florissant Public Library – 334 Circle Drive, Florissant, CO
When: November 6 & 17, 2026 | 1:00–5:00 PM
What: Game on, adults! Come enjoy some friendly competition with ping pong and air hockey at the library! Whether you're playing to win or just looking for a fun way to unwind, stop by, challenge someone to a game, share some laughs, and meet new people!





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/