



THURSDAYS! JOIN US!

WHAT: Do you need some relief from the isolation and cabin fever of the pandemic? Join us for weekly for virtual fun and activities that we're affectionally calling Escape from COVID Mountain! We invite you to join via Zoom for a variety of FREE experiences: games, travel, museum tours, animal habitats, history and more. Check the Colorado Spirit website for help logging on.

WHEN: Weekly! Thursdays at 2 p.m. Lasts about an hour. New topic each week!

COST: FREE!

HOW TO INTERACT: To kick-off each social hour, we will lay out some ground rules and etiquette. You choose your level of participation, whether you are "all in" with video and audio or just audio. Relax, we hope to make it as comfortable as possible.

YOUR HOSTS: Annah and Becky are part of your Larimer County Colorado Spirit team. Colorado Spirit is a FREE FEMA-funded counseling/ support service for Colorado. We are called a support line, resource line and sometimes a hope line! We are traditional mental health providers who do not diagnose people or treat mental illness. Instead, the counselors are a combination of mental health professionals.

HOW TO JOIN: Social hours are done via Zoom. Please download the free app to your phone or software to your desktop then use the link below.

<https://summitstonehealth.zoom.us/j/95940342218>

For assistance logging on, please email colospirit@summitstonehealth.org

SUMMITSTONE HEALTH PARTNERS 

 COLORADO Spirit

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