



How you can help!

Wish List

- ▼ Pool Table
- ▼ Yoga Supplies and Posters
- ▼ Meditation Pillows and Posters
- ▼ Tai Chi Posters
- ▼ Lamps
- ▼ Pamphlet and Magazine Racks
- ▼ Popcorn Machine
- ▼ Water Cooler
- ▼ KaBoom Stereo for classes and activities
- ▼ Projector & Screen
- ▼ Television Set

Volunteer

- ▼ Volunteer your time and talents on a one-time basis, or on-going basis.

Make a Donation

- ▼ To make a monetary donation go online to coloradogives.org/aumhc and indicate "Aurora Strong."

Aurora Mental Health Center (fiscal agent for Aurora Strong Resilience Center) is a 501(c)(3) corporation.

Questions

- ▼ For more information please call 303.739.1580



1298 Peoria Street / Aurora, CO 80011
303.739.1580 / AuroraStrong.org



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The Resilience Center is a free place of healing for all those in our community whose lives have been affected by trauma of any kind.

1298 Peoria Street
303.739.1580
Located in the Hoffman Municipal Center, Garden Level





Everyone is Welcome

All of us experience trauma in our daily lives, most are minor, but, while rare, a single traumatic event can be life altering.

Many people will have no long-term affects, while others may



carry the mental and physical scars from that trauma for days, weeks, months, even years.



The Aurora Strong Resilience Center is a single source of free, direct services and resources for anyone to learn how to build personal resilience skills to help manage stress and its impact on their lives.

The Resilience Center was established by a consortium of concerned citizens and organizations for anyone who is trying to build a stronger, healthier life and a greater sense of well-being after experiencing trauma.



For more information call 303.739.1580 or go on-line to AuroraStrong.org

Services

- One-on-one and group counseling
- Health & Wellness Classes
- Arts & Music Classes



- Yoga
- Tai Chi
- Meditation
- Support Groups



- Faith Based Groups
- Topic Based Classes & Workshops
- Massage
- Connecting people to community resources

Most classes are offered weekly.



For our most recent calendar of activities, go online to: AuroraStrong.org

How do you know you need us?

If you have been a victim of any traumatic event, and you live with the stress of that event day after day, come to the Resilience Center.

The Center is a place where you can connect with people who have experienced what you're



experiencing and who can direct you to services and resources that can help you deal with the aftermath of trauma and can help you heal.

The Seven Signs of Stress

1. Trouble sleeping
2. Nightmares or flashbacks
3. Difficulty concentrating
4. Change in appetite or in sleep patterns
5. Feelings of fear or anxiety
6. Irritability, moodiness or feeling numb
7. Withdrawing from friends or family

Are these feelings getting in the way of regular life?

Can you go about your day-to-day activities, or are your feelings getting in the way?

