



CCSD PARENTS AND COMMUNITY MEMBERS ARE INVITED TO JOIN OUR PIN EVENT IN DECEMBER:

RESILIENCE THROUGH THE CYCLE OF HOPE

Join Tricia Downing, Member of Team USA 2016 Paralympic Games in Rio, as she shares her courageous return to the competitive sport she loves and almost lost, and how you can find hope when life brings you unpredictable challenges.

Tricia will inspire us through her story, including:

- > When it comes to change, are you a victim or a warrior?***
- > How can you reframe your situation when life gets difficult?***
- > Can you become comfortable in your "dis"comfort zone?***
- > How does hope play a part in our actions and reactions?***

Tuesday, December 7th, 9:15-11:00 am

9:20 am - CCSD Welcome

9:30 am - Tricia Downing, Resilience through the Cycle of Hope

10:30 am - Q&A

Event Location: 14603 E Fremont Ave, Centennial CO 80112

Enter on south side of the CCSD building at the main entrance

**always
free**

**all are
welcome**



Tricia Downing, speaker, author and athlete at Redefining Able. As an avid cyclist, she drove across the country for what amounted to eighteen races in twenty-three days when her life took a detour. After a collision on a Colorado road, she instantly became paralyzed from the chest down. She was challenged to relearn everything, including her new normal. To Tricia, disability hasn't been a life sentence. Instead, her wheelchair has given her the wings to pursue her passions, from sports to writing and making a difference in her community.



Save the Date: January 11, 2022 - 7:00 pm (online via zoom)

Internet Security: Finding Balance and Maintaining Boundaries, with Katie Greer

PIN: INFORMING, INSPIRING AND EMPOWERING PARENTS FOR MORE THAN 40 YEARS!
MISSED THE LIVE PRESENTATION? RECORDINGS WILL BE AVAILABLE ON THE PIN WEBSITE: PINCCSD.ORG