



equinox
Counseling & Wellness Center

THE

2022

SEASONAL

GUIDE

Our annual guide to Denver's best holiday attractions.

Compiled by Equinox Counseling & Wellness



HOLIDAY

GREETINGS!

Equinox Counseling & Wellness knows the importance of spending time together during the holidays. At times, researching and finding activities can feel time consuming and overwhelming. In effort to reduce stress and shorten your holiday “to do” list, we’ve prepared the 4th Annual Holiday Guide for Families. This guide contains free and low-cost activities in and around the Denver Metro. We hope the effort we’ve put into this guide will provide you with some great ideas as well as some memory making fun. Here’s wishing you a very happy holiday season!

CONTENTS

BEST FOR THE
WHOLE FAMILY

2

BEST FOR PARENTS

12

ADVENTURE DATE NIGHT

13

STAYCATION IDEAS

14

HOLIDAY TIPS

MANAGING HOLIDAY
STRESS

3

HOLIDAY MENTAL
WELLNESS

7

PREVENTING CONFLICT
DURING THE HOLIDAYS

10

FREE EVENTS - BEST FOR THE WHOLE FAMILY

2022 ANNUAL HOLIDAY LIGHTING

Each night, at 5:45 PM and 6:45 PM, an interactive holiday show will occur for 7 – 9 minutes, and then goes to a static holiday look until 10:45 PM. Enjoy the dazzling lights of this Denver mainstay.

DATE: 11/24-1/22/23
, 5:45 PM – 10: 45 PM

PRICE: Free

WEBSITE: denvergov.org/Government/Agencies-Departments-Offices-Agencies-Departments-Offices-Directory/Office-of-Special-Events/CCBLightingRequest/2022/2022-Holiday-Lighting

ADDRESS: City & County Building, 1437 Bannock St, Denver, 80202

MERRY AND BRIGHT LIGHTS SHOW CONTINUES

11/27/2022-12/27/2022.
5-10pm.

Denver Union Station, 1701 Wynkoop St. Denver CO 80202

WEBSITE: denverunionstation.com/events/merry-bright-lights

PET NIGHTS WITH SANTA

Let your fur kids and grand pups join in on the holiday fun with photos with Santa! Get the family together to

strike a pose with the Big Guy to capture paw-fect holiday moments! Reservations are encouraged.

11/29- 12/5; Mondays only.
Date: 11/29 – 12/20, 8 PM

PRICE: Free

WEBSITE: whereissanta.com/mall/0611?utm_campaign=park-meadows&utm_medium=referral&utm_source=website-brookfiel
FOR RESERVATIONS parkmeadows.com/en/events/pet-nights-with-santa-40996.html

whereissanta.com/mall/0611?utm_campaign=park-meadows&utm_medium=referral&utm_source=website-brookfiel
FOR RESERVATIONS

FREE EVENTS - BEST FOR THE WHOLE FAMILY

parkmeadows.com/en/events/pet-nights-with-santa-40996.html

ADDRESS: Park Meadows Mall, Lone Tree

CONIFER CHRISTMAS PARADE

Don't miss holiday trolleys, warm spirits, live entertainment, Christmas shopping, Santa Land and of course the very best small-town Christmas Parade!

DATE: 12/3/22

PRICE: Free

WEBSITE: christmasparade.goconifer.com

ADDRESS: 25997 Conifer Road, Conifer CO

SATURDAY NIGHT LIGHTS

Festive lights, fresh air and families make the perfect recipe for a new holiday tradition. Visitors are encouraged to experience the

buzzing and bright energy during Saturday Night Lights, a family-friendly holiday celebration, featuring live music, entertainment, and ample ways to shop locally throughout the neighborhood.

DATE: Saturday, December 3, 10 & 17 5-7pm

PRICE: Free

WEBSITE: cherrycreeknorth.com/things-to-do/ccn-signature-events/winter-wonderland/saturday-night-lights
Address: 2401 E. 2nd Ave, Suite 150 Denver, CO 80206

OLDE GOLDEN CANDLELIGHT WALK

Experience the beauty of the holiday season with a walk down Washington Avenue, candle in hand, singing holiday carols during this annual tradition. The walk starts at Foothills Art Center on 15th Street and Washington Avenue at 6:30 pm and will culminate with a short, live entertainment program.

DATE: 2/2/2022; 6:30pm

PRICE: Free

WEBSITE: visitgolden.com/olde-golden-christmas/candlelightwalk
Address: 1010 Washington Ave, Golden, CO 80401

SANTA CARES DAY

You're invited! Children within all spectrums of special needs and their families are welcome to join us before the mall opens for our sensory-friendly event to experience the time-honored tradition of a visit and photos with Santa. Reservations are encouraged.

DATE: 12/5 - 12/12, 9am-10am;

PRICE: Free



DOWNTOWN DENVER RINK

Bring the whole family for this fabulous event in Skyline Park located in beautiful downtown Denver. Presented by Southwest Airlines, this free event is a Denver mainstay. Skate rentals will be available in multiple sizes. To top it off, free learn-to-skate lessons are given every Saturday from 9-10 am! Lockers are provided at no charge on a first come, first serve basis. All you need to bring is a thick, comfy pair of socks and an appetite for some warm hot chocolate, which is available at the rink's concession stand!

DATE: Opening day 11/21/2022

PRICE: Free

WEBSITE: winterindenver.com/rink

ADDRESS: Skyline Park, Denver Downtown



TIPS FOR MANAGING HOLIDAY STRESS

1

PLAN, DON'T OVER COMMIT.

2

PRACTICE SELF-COMPASSION.

3

MAINTAIN PERSPECTIVE ON WHAT MATTERS MOST.

4

FOCUS ON THE ACTIVITIES AND RELATIONSHIPS THAT BRING YOU JOY & FULFILLMENT.

5

MAINTAIN HEALTHY EMOTIONAL BOUNDARIES.



STAFF FAVORITE HOLIDAY TRADITIONS

Grant Aaron

Clinician

HOLIDAY ACTIVITY: Drinking hot chocolate by the fire (shaken, not stirred)

OUTDOOR WINTER ACTIVITY: SKIING!!

DATE NIGHT: Skiing, then drinking hot chocolate by the fire

RESTAURANT: Anything Thai

CULTURAL TRADITION: Chopping down my own tree to decorate for the holidays

Martha Allen

Program Manager

HOLIDAY ACTIVITY: Watching Christmas Movies

OUTDOOR WINTER ACTIVITY: Ice skating

DATE NIGHT: Holiday Pop-up bars

Restaurant: Zomo

CULTURAL TRADITION: Wine Advent Calendar!

FREE EVENTS - BEST FOR THE WHOLE FAMILY

WEBSITE: parkmeadows.com/en/events/santa-cares-day-41105.html

ADDRESS: Park Meadows Mall, Lone Tree

SANTA AT THE STATION

Denver Union Station is thrilled to once again be hosting free visits with Santa & Mrs. Claus

DATE: Sunday, November 27th, December 4th, December 11th, and December 18th from 11 a.m. – 4 p.m.

PRICE: Free

WEBSITE: denverunionstation.com/events/santa-at-the-station/

ADDRESS: Denver Union Station

WINTER WANDERLAND LIGHT WALK

Explore 16 sparkling blocks with more than a half million lights and discover eight twinkling displays choreographed to music.

DATE: Thursday, Nov. 17 – Saturday, Dec. 24

PRICE: Free

WEBSITE: cherrycreeknorth.com/where-to-go/wander-and-win-light-walk

ADDRESS: 2401 E. 2nd Ave, Suite 150 Denver, CO 80206

CHERRY CREEK NORTH WINTER WANDERLAND

Your holiday tradition starts here. Experience the joy of the season with Winter Wanderland, a collection of free outdoor events for all to enjoy. Celebrate the season in Cherry Creek North, Denver's must-see holiday destination featuring nearly a million twin-

ling lights wrapping more than 600 trees, illuminating the entire neighborhood!

Enjoy special, limited-time features like small business weekend, a light walk, and an incredible art installation that showcases a gorgeous, interactive light exhibit.

DATE: Thursday, Nov. 17, 2022 - Saturday, Dec. 24, 2022

PRICE: Free

WEBSITE: cherrycreeknorth.com/things-to-do/ccn-signature-events/winter-wanderland

ADDRESS: 2401 E. 2nd Ave, Suite 150 Denver, CO 80206

THE MILE HIGH TREE

Denver's holiday season will once again be bigger and brighter with the spectacular (and free) Mile High Tree, brought to you by presenting sponsor Mod-elo® USA. Step inside this brilliantly lit, 110-foot-tall immersive art installation. It

will be open all season long.

DATE: Nov. 18 – Dec. 31, 2022

PRICE: Free

WEBSITE: denver.org/milehighholidays/tree/?gclid=EAlaIqobCh-Mlyrrrla7K-wIVq21vBB-3dhAPzEAAYASAAEgL-NI_D_BwE&gclidsrc=aw.ds

ADDRESS: Civic Center Park

A STORYBOOK HOLIDAY IN EVERGREEN

A Story Book Christmas in Evergreen is coming back for a second year with Classic Christmas Stories depicted in Ice. We are "hiding" ice sculptures around our mountain community and Santa is flying in from the North Pole to do some special readings. Join us in our mountain community for this family friendly scavenger hunt and support our local businesses while you are here. Grand unveiling 11/27.



2022 HANDCRAFTED HOLIDAY MARKET

We are excited to announce the Handcrafted Holiday Market's return! With 30+ local artisans and no admission fee for shoppers, we hope the 2022 market will be our best event yet.

DATE: 12/10-12/11/2022

10am to 5pm.

PRICE: Free to enter

WEBSITE: longmontartisanmarket.com/ **ADDRESS:** 9595 Nelson Rd, Longmont, CO 80501



19 through December 23, guests will experience the region's only authentic German Holiday Market, produced by the German American Chamber of Commerce – Colorado Chapter.

DATE: 11/18-12/23/2022

PRICE: Free Entry

WEBSITE: christkindlmarket-denver.com

ADDRESS: Civic Center Park, 101 W 14th Ave, Denver

MERRY & BRIGHT LIGHTS SHOW

Merry & Bright Lights will once again transform the exterior façade of Denver's landmark train station into a spectacular canvas spreading holiday cheer. this outdoor light show will feature interactive visual imagery created by local Denver artists projected across the Station's historic façade. With classic holiday music accompanying the joyful imagery, Merry & Bright

DATE: 11/27 – 12/31

PRICE: Free

WEBSITE: evergreenchamber.org/story-book-holiday-in-evergreen

ADDRESS: Various locations around Evergreen, see website for details

NIGHT LIGHTS DENVER

THE Denver Theatre District's ongoing, year-round projection mapping installation will be projected on the Arapahoe Street side of the Daniels & Fisher Tower every Thursday through Saturday evening. Night Lights Denver will include rotating content, designed by artists and the community, featuring a wide range of art.

DATE: Every Tuesday through Sunday evenings November 6 - 30, 2022

5:15pm - 11:59pm, December 2022

5:00pm - 11:59pm, January 2023

5:15PM - 11:59pm

PRICE: Free

WEBSITE: nightlightsdenver.com/

ADDRESS: 1601 Arapahoe St, Denver

ARTISTS ON SANTA FE: 34TH ANNUAL HOLIDAY EXHIBITION

Join us for our 34th Annual Holiday Exhibition which promises to be an extravaganza! Looking for great gifts for the special people in your life? We have what you're looking for - a wide assortment of specialty and reasonable priced handcrafted items - contemporary paintings, printmaking, functional and sculptural ceramics, and jewelry that will be perfect for you, your family and friends.

DATE: 11/3 - 12/30, 11 AM – 3 PM

PRICE: Entry is free

WEBSITE: artistsonsantafe.com

ADDRESS: 747 Santa Fe Drive, Denver

DENVER CHRISTKINDLMARKET

The Denver Christkindlmarket recreates the joy of strolling a European village square during the holidays. Located at the festively lit Civic Center Park, from November





STAFF FAVORITE HOLIDAY TRADITIONS

Kristy Barr

Clinical Director,
Family Therapist

HOLIDAY ACTIVITY: Cutting down our Christmas tree in the national forest

OUTDOOR WINTER ACTIVITY: Making a snow fort

DATE NIGHT: The Alamo Drafthouse

RESTAURANT: Bamboo Sushi

CULTURAL TRADITION: Slowing down to appreciate family and friends during the holiday season (didn't really have a culture specific!!)

Kayla Bogs

Clinician

HOLIDAY ACTIVITY: Decorating the Christmas Tree with a fire in the fireplace

OUTDOOR WINTER ACTIVITY: In Texas it was shorts on Christmas day With the snow, it is a classic snowball fight

DATE NIGHT: Driving around with Hot cocoa and looking at homes with lights!

RESTAURANT: Anything Mexican!

CULTURAL TRADITION: Reading The Night Before Christmas on Christmas Eve with my immediate family and cousins every year since I can remember, even as adults through video when necessary!

FREE EVENTS - BEST FOR THE WHOLE FAMILY

Lights is a can't miss holiday experience in Denver.

DATE: 11/26 - 12/30, ends nightly at 10pm

PRICE: Free

WEBSITE:

unionstationinddenver.com

ADDRESS: Denver Union Station, 1701 Wynkoop St., Denver

SATURDAYS WITH SANTA & HOLIDAY MARKET

See the big man in Red in the Olde Town Arvada Square. The Holiday Market will feature dozens of vendors with handmade gifts and toys as well as great local food! Don't miss locally handcrafted candles, clothes, jewelry and soaps as well as hard to find sauces and mixes for the perfect holiday meal. The Holiday Market is a partnership with the Arvada Farmers Market.

DATE: Saturday, Dec. 10th 11am-3pm

PRICE: Free

WEBSITE: allevents.in/arvada/holiday-market-in-olde-town-square-arvada/200023430998837

ADDRESS: 5676 Olde Wadsworth Blvd, Arvada

YOUTHBIZ HOLIDAY MARKETPLACE

Find great holiday gifts while supporting young entrepreneurs ages 6-21. The YouthBiz Holiday Marketplace is the ultimate buy-local, feel-good experience. Young business owners sell their unique handmade products. You will find beaded jewelry greeting cards, bath products, home baked goodies,

CHANUKAH CELEBRATION

Chabad of Cherry Creek will host a community Menorah Lighting celebration (open to the public) at Gart Plaza on 3rd Ave. & Milwaukee St. on the first night of Chanukah. Featuring face painting, fire juggling, traditional sweet treats, and fun activities for all ages.

DATE: 12/18/2022, 5 PM

PRICE: Free

WEBSITE: <https://www.jewishcherrycreek.com/chanukah>

ADDRESS: Gart Plaza. 299 Milwaukee Street Denver, CO 80206



artwork, and more – unique gifts for everyone on your shopping list!

DATE: 12/3/2022, 1-am-2pm

PRICE: Free

WEBSITE: yacenter.org/youthbiz/marketplace

ADDRESS: 3550 E 1ST Ave, Denver 80206

BOULDER HOLIDAY GIFT FESTIVAL

The 17th annual Boulder Holiday Gift Festival is Boulder's biggest and best Holiday Shopping Extravaganza. This year this is the only holiday craft fair of the entire year happening in

Boulder. The festival is a great place to find the perfect gift from amazing local exhibitors. You will find vast array of amazing high quality gifts that are locally made. This fun and unique shopping experience can be enjoyed by the whole family. Admission is free and there is a free concert starting at noon with Kenny Lee Young. Don't miss this unique one of a kind local shopping experience.

DATE: 12/11/2022 11am to 5pm

PRICE: Free
WEBSITE: coloradoevents.org/boulder-holiday-gift-festival Address: 9595 Nelson Rd, Longmont, CO 80501-6351, United States

SKATE WITH SANTA
It's a Superior Holiday Tradition! Bring the whole family to the Superior Chamber's Skate with Santa presented by Downtown Superior! Bring the whole family and enjoy some time on the ice at the Sport Stable! There will be a craft area for the little ones. Hot cocoa and cookies will be available, as well as an opportunity to have your photo taken with Santa.

DATE: December 17
PRICE: Free
WEBSITE: superiorchamber.com/2022/10/superior-chambers-skate-with-santa/
ADDRESS: 3550 E 1ST Ave, Denver 80206

HANUKKAH HOOPLA
Join us for Hanukkah fun! This event will take place outdoors, regardless of the weather. There will be live music, hot chocolate, s'mores, donuts, candle lighting, and food trucks!
DATE: December 23, 6 PM
PRICE: Free
WEBSITE: emanueldenver.org/event/2022-hoopla
ADDRESS: Temple Emanuel 51 Grape Street, Denver, CO 80220



HOLIDAY MENTAL WELLNESS

1

GET ENOUGH SLEEP.

Getting ample, quality sleep is essential for physical and mental well-being.

2

EXERCISE.

Enhance mood and reduces stress. Being outside is even more beneficial to mental health!

3

HEALTHY NUTRITION.

A nutrient-rich diet can balance moods, sharpen brain functioning, and help reduce symptoms of depression and anxiety.

4

ENGAGE IN RELAXATION.

Deep breathing, meditation and progressive muscle relaxation have proven mental health benefits.

5

ACCEPT IMPERFECTION.

Holiday expectations can be high. The art of acceptance is an important mindfulness practice.

6

STAY IN THERAPY. The holiday season can be overwhelmingly busy and can bring up difficult memories and emotions. Staying connected to helpful, neutral resources ensures perspective and healthy coping.

7

HOLIDAY CHEERS IN MODERATION OR FIZZY ALTERNATIVES.

Celebrations should be joyful, but parties can be hard for those struggling with alcohol. Let people know about your sobriety to create support and accountability.

8

COMMUNITY.

Managing mental health issues can always be challenging but can feel particularly difficult and isolating during the holidays. Remember, you are not alone. Seeking help and connection from your support community can aid in reducing stress and overwhelm.



STAFF FAVORITE HOLIDAY TRADITIONS

Eve Boyd

Admissions Director

HOLIDAY ACTIVITY: Going to Miracle Pop Up-A Christmas Cocktail Pop-Up Bar.

OUTDOOR WINTER ACTIVITY: Enjoying a walk with family around Hudson Gardens Christmas lights with a warm beverage.

DATE NIGHT: Going to the Gaylord for their holiday events.

RESTAURANT: La Luna

CULTURAL TRADITION: Making tamales and tortillas with my sister-in-law.

Tim Burke

Partner, System of Care Officer

HOLIDAY ACTIVITY: Watching Christmas movies with family

OUTDOOR WINTER ACTIVITY: Backcountry Skiing, Ice Climbing, Pond Hockey

DATE NIGHT: Front Range BBQ for dinner & live music

RESTAURANT: The Summit at The Broadmoor

CULTURAL TRADITION: Baking Croatian Kifle Cookies

PAID EVENTS - BEST FOR THE WHOLE FAMILY

UNDER \$5

2022 HOLIDAY'S EVENING

You are invited to the Littleton Museum to stroll our candle-lit paths and experience a winter evening as residents did in the 1860s and 1890s. Historic site interpreters will demonstrate handicrafts and cookery.

DATE: December 11

WEBSITE: eventbrite.com/e/2022-holidays-evening-tickets-428856219497?aff=erel-expmlt

ADDRESS: Littleton Museum, 6028 S Gallup St, Littleton

HORSESHOE HOLIDAY MARKET

This bustling holiday market has outdoor heated tents with 40 amazing local makers, artists, vintage vendors, artisanal food and more! In partnership with the Brewery's 'Toast the Taste of Christmas,' there will also be festive food and drink, Christmas trees and tons of fun happenings over the course of the weekend.

DATE: December 3-4

WEBSITE: eventbrite.com/e/horseshoe-holiday-market-at-breckenridge-brewery-in-littleton-tickets-458684988147?aff=erel-expmltAddress: 2990 Brewery Ln, Littleton

KID'S CHRISTMAS CRAFT NIGHT

We'll pop up some air-popped popcorn, watch a short Christmas show, and make some ornaments! Wear your Christmas PJ's if you'd like! This event is for



kids aged 3-9, a parent or adult is required to accompany child.

DATE: December 2

PRICE: \$5 per child

WEBSITE: hunthalloween.com/event/kids-christmas-craft-night-eid4a7b-rleckgAddress: 8200 Southpark Cir #B, Littleton

\$10-\$20

BLOSSOMS OF LIGHT AT THE DENVER BOTANIC GARDENS

Celebrate the holiday season at Blossoms of Light™, a dazzling and ever-changing display of light and color. The Gardens' signature event for over three decades, this annual holiday lights extravaganza transforms our York Street location into a twinkling winter wonderland. Join us for this family-friendly event

that has become a holiday tradition for thousands of Front Range families.

DATE: 11/18/2022-1/7/2023

WEBSITE: botanicgardens.org/events/special-events/blossoms-light

ADDRESS: 1007 York Street, Denver, CO 80206

FAMILY MAKE AND TAKE: HARVEST WREATHS

Embrace the changing seasons and create a seasonal wreath using autumnal colors, seed pods and artificial foliage. After you complete your wreath, explore the Gardens on your own with a self-guided scavenger hunt that examines how plants get ready for winter.

DATE: December 17-18

WEBSITE: denver.org/event/family-make-and-take-3A-winter-wreaths/94178/Address: Denver Botanic Gardens, 1007 York St.,

Denver, CO 80206

CAMP CHRISTMAS

The ultimate immersive Christmas experience is now bigger than ever. Not for the faint of festivity, Lonnie Hanzon's custom-designed, over-the-top realm turns the holiday spirit all the way up! Bring your whole family to explore our sprawling, fantastical wonderland (new location to be announced), where the mesmerizing decoration displays don't just rekindle the magic of the season, they reimagine it completely.

DATE: December 17-24

PRICE: \$8 - \$25

WEBSITE: denvercenter.org/tickets-events/camp-christmas/#tickets?qty=1

ADDRESS: 801 S Yarrow St, Lakewood, CO 80226

TRAIL OF LIGHTS

Tucked into the foothills under the dark sky, the glow of lights can be seen for miles. Just under a mile of walking trail, the illumination of cottonwoods, boxelders and pine trees line the pathway through the Green Farm, Crossroads, Deer Creek Discovery Children's Play Area and 1880s Hildebrand Ranch homestead. There is the option of a shorter path for those who want to take a shorter stroll.

DATE: 11/26/21-1/2/22, 5 PM - 8:30 PM

PRICE: \$15

WEBSITE: botanicgardens.org/events/special-events/trail-lights

ADDRESS: 8500 W Deer Creek Canyon Road, Denver, CO 80128

GINGERBREAD DECORATING PARTY

Tattered Cover and Kids and Park Meadows are offering families an opportunity to take part in a centuries-old, interactive tradition: gingerbread house and cookie decorating.

DATE: 11/27, 12/4, 12/11, 8:30 AM - 10 AM

PRICE: \$14

WEBSITE: parkmeadows.com/en/events.html

ADDRESS: Park Meadows Mall, 8401 Park Meadows Center Dr, Lone Tree, CO

WINTER TALES

Winter Tales is an interactive theater experience for children that brings four classic holiday stories to life: "The Chanukkah Guest" (Eric A. Kimmel), "Li'l Rabbit's Kwanzaa" (Donna L. Washington), "The Legend of the Poinsettia" (Tomie de Paola) and "The Shortest

Day" (Susan Cooper).

DATE: 12/3, 12/4, 12/5, 12/10, 12/11, 12/12, 12/18, 12/19

PRICE: \$8 in advance, \$12 at the door

WEBSITE: factoryfivefive.com/winter-tales

ADDRESS: 10255 E 25th Ave, Unit 5, Aurora

HOLIDAY LIGHTS MINI GOLF

Enjoy 54 Holes of Mini Gold, electric go-karts and bumper cars

DATE: Daily through 1/9/22, 5 - 9 PM

PRICE: \$9

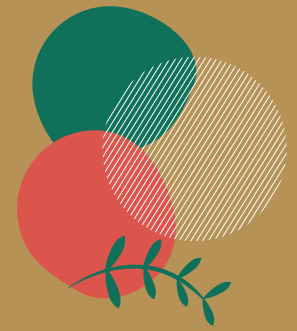
WEBSITE: adventregolfandraceway.com

ADDRESS: Adventure Golf and Raceway, 9650 N Sheridan Blvd, Westminster

\$20 AND UP

SANTA'S FLIGHT ACADEMY

VARIOUS photo packages are



STAFF FAVORITE HOLIDAY TRADITIONS

Eye Castro

Therapeutic Care Specialist

HOLIDAY ACTIVITY: Spending time with loved ones

OUTDOOR WINTER ACTIVITY: Snow tubing

DATE NIGHT: A long walk in the park and then dinner

RESTAURANT: Postino

CULTURAL TRADITION: Eggnog French toast on Christmas morning

Lee Doron

EQ Coach

HOLIDAY ACTIVITY: Turkey Bowl Football Game

OUTDOOR WINTER ACTIVITY: Walk in the snow

DATE NIGHT: Take out and movie snuggling at home

RESTAURANT: El Indio (Portland, Oregon)

CULTURAL TRADITION: Latkes

Nathan Gabor

Chief Operating Officer

HOLIDAY ACTIVITY: Zoo Lights with the kids

OUTDOOR WINTER ACTIVITY: Skiing

DATE NIGHT: Doing an activity such as TopGolf or 1up Arcade to play the video games from when I was younger

RESTAURANT: Ruth's Chris Steakhouse

CULTURAL TRADITION: Just the time with family around the holidays and making it special for the children

PAID EVENTS - BEST FOR THE WHOLE FAMILY



TIPS FOR PREVENTING CONFLICT DURING THE HOLIDAYS

1

REFLECT WHAT YOU HEAR, VALIDATE THE FEELINGS OF OTHERS.

2

KNOW WHAT YOU WANT TO SAY.

3

KNOW WHAT YOU DON'T WANT TO SAY.

4

CONNECT BEFORE YOU DIRECT

5

USE 'I FEEL' -VS- 'YOU SHOULD' STATEMENTS.

available for purchase at this beautiful and interactive 22-foot sleigh that features a magical snowfall. Experience the magic of the holiday season and capture memories that will last a lifetime! Reservations are strongly recommended for all photo sessions.

DATE: 11/12-12/24

PRICE: Prices vary based on photo package chosen

WEBSITE: shopcherrycreek.com/pages/sfa#photos

ADDRESS: Cherry Creek Shopping Center

ZOO LIGHTS AT DENVER ZOO

As the brilliant capstone to 125 Years of Love, our event promises to be brighter than ever—with a colorful crop of NEW installations and offerings, PLUS our most festive favorites, including nightly ice-carving demonstrations. As you wander through our winter wonderland, be on the lookout for new opportunities to light up the night: including the Champagne Toast (Hospital Plaza), the Watering Hole (Giraffe Meadows), the Blue Lagoon (in front of our new penguin exhibit) + more.

DATE: 12/3-1/15/23;
Sunday-Thursday: 5:30 p.m.–8:00 p.m.

Friday & Saturday: 5:30 p.m.–9:00 p.m.

PRICE: \$10-\$25

WEBSITE: denverzoo.org/events/zoolights

ADDRESS: 2900 E 23rd Ave, Denver



SANTA HOUSE/SANTA CARES

Santa Claus is coming to town. Families can get pictures of their kiddos and pets with Santa at the Outlets at Castle Rock's Santa House. On Sundays from 10:00 a.m. – 11:00 a.m., Outlets at Castle Rock will be hosting Santa Cares. Santa Cares is reserved for children with special needs who prefer quiet, sensory-friendly time with Santa.

DATE: 11/27 – 12/24

PRICE: \$40

WEBSITE: vipholidayphotos.com/MakeReservation.aspx

ADDRESS: Outlets at Castle Rock, 5050 Factory Shops Blvd., Castle Rock, CO

LUMINOVA HOLIDAYS AT ELITCHES

This reservation-only event features over 3 million dazzling lights, a 65-foot Christmas tree, a candy cane tunnel, gigantic ornaments, holiday entertainers, train rides, photo ops, rides on attractions, and so much more!

DATES: 11/25-1/1/23

PRICE: \$29.99 and up
WEBSITE: elitchgardens.com/luminova

ADDRESS: Elitch Gardens, 2000 Elitch Circle, Denver

HOLIDAY FESTIVAL: A SEMESTER SHOWCASE

Delight in the twinkling lights, seasonal greenery and beautiful music at CU Boulder's Holiday Festival, an annual tradition that's enchanting for all ages. The decades-old celebration brings together student choirs, bands and orchestras—along with world-class faculty performers—for a concert of holiday favorites and new surprises. From orchestras, bands and choirs to jazz, world music and opera to world-class faculty and guest performances, the

CU Boulder College of Music brings hundreds of stunning performances to Boulder audiences throughout the academic year.

DATES: 12/3-12/5/21

PRICE: \$20 - \$66

WEBSITE: cupresents.org/performance/2381/cu-holiday-festival/holiday

ADDRESS: 1595 Pleasant St, Boulder, CO 80309

HOLIDAY DRIVE IN SERIES INCLUDING: DIE HARD, A CHRISTMAS STORY, HOW THE GRINCH STOLE CHRISTMAS...

Film on the Rocks is back for its 22nd season – and this fall/winter, we're filled with the holiday spirit! Enjoy a one-of-a-kind drive-in movie experience at the iconic Red Rocks Park & Amphitheatre with a new lineup of films to celebrate the holidays. Drive-in film will be presented on an LED screen located in the Red Rocks Lower South Lot 2 parking area with audio delivered via a designated FM radio frequency. One ticket allows access for one standard vehicle entry, regardless of the number of passengers.

DATE: 11/26-12/13, 8 PM

PRICE: \$59.60/car

WEBSITE: arvadacenter.org/events/elf-the-musical

ADDRESS: 6901 Wadsworth Blvd., Arvada, CO 80003

COLORADO BALLET PRESENTS: THE NUTCRACKER

The beloved holiday favorite returns in a dazzling production like no one's

ever seen, featuring all new sets and costumes created especially for Colorado Ballet. A sellout every year, this magical tale of Clara, the Nutcracker and the Mouse King is going to be dreamier than ever.

DATE: 11/27 – 12/24/21

Price: \$40 and up

WEBSITE: tickets.colorado-ballet.org/eventsAddress:

1385 Curtis St., Denver, CO 80204



STAFF FAVORITE HOLIDAY TRADITIONS

Julie Garezynski
Clinician

HOLIDAY ACTIVITY:

Decorating the Christmas tree and lighting the Menorah (we celebrate both)

OUTDOOR WINTER ACTIVITY:

Snowboarding and snow skiing

DATE NIGHT:

Going Salsa dancing or Red Rocks concert

RESTAURANT:

Izakaya

CULTURAL TRADITION:

Making Matzo Ball soup with my kids for Hannukah

Aidan Kernan

Therapeutic Care Specialist

HOLIDAY ACTIVITY:

Dressing up animals in cute lil sweaters

OUTDOOR WINTER ACTIVITY:

Skiing

DATE NIGHT:

Dinner

RESTAURANT:

Cherry Tomato

CULTURAL TRADITION:

Decorating the tree

WHEN TO CALL Parents and professionals reach out to Equinox when:

- Problems have escalated to such an impactful level that traditional avenues of therapy will not provide the necessary support that is needed
- For aftercare services when a youth is transitioning home from a structured residential or wilderness program
- When out of home placement is being considered
- When long term outpatient therapy has included moving from provider to provider and results are still not being achieved
- Parents are seeking support in how to best help their child and wanting to address the root cause of long term problems.



STAFF FAVORITE HOLIDAY TRADITIONS

Jen Lindstrom

Director of
Administrative Services

HOLIDAY ACTIVITY: Baking
Cookies

OUTDOOR WINTER ACTIVITY:
Snow Shoeing

DATE NIGHT: Strolling along
Larimer Square after a
delicious dining experience,
then going to for coffee
and dessert.

RESTAURANT: Rioja

CULTURAL TRADITION: Family
get together called CCCC
(cookies, crafts, carols and
concert).

Belle Linkous

Therapeutic Care Specialist,
Neurofeedback Tech

HOLIDAY ACTIVITY: Looking
at Christmas lights

OUTDOOR WINTER ACTIVITY:
Tubing (or just nice walks)

DATE NIGHT: Dinner and
Mario Party

CULTURAL TRADITION:
Decorating the tree

BEST FOR PARENTS

MAKE YOUR OWN WINE

At Water 2 Wine, we let you become the winemaker! When you buy a "batch" of wine, you get hands on experience mixing the grape must and pitching the yeast to start the fermentation process for your own personal batch of wine. Once you've gotten the fermentation started, our wine-making team will take care of your wine as it goes through the magic of secondary fermentation and stabilization to finally turn into an amazing wine.

DATE: Ongoing

PRICE: Varies based on
package chosen

WEBSITE: [water2wine.com/
denver](http://water2wine.com/denver)

ADDRESS: Water 2 Wine
Winery, 8130 S University
Blvd #110, Centennial

COLORADO AVALANCHE GAME & DINNER AT OCEAN PRIME

Ocean Prime is a modern American restaurant and lounge from the award-winning Cameron Mitchell Restaurants. The nationally-acclaimed Ocean Prime delivers an extraordinary experience with stunning settings, an impressive menu of seafood and prime cuts of steak, signature cocktails, and a Wine Spectator-honored wine list.

DATE: Ongoing

PRICE: Av's tickets: \$14 and up
WEBSITE: [ocean-prime.com/
reservations](http://ocean-prime.com/reservations)

ADDRESS: 1465 Larimer
Square, Denver



A CHRISTMAS CAROL AT WOLF THEATRE

Essential to the holiday season in Denver, A Christmas Carol is a joyous and opulent musical adaptation that traces money-hoarding curmudgeon Ebenezer Scrooge's triumphant overnight journey to redemption.

BASED on Charles Dickens' classic novel, the DCPA Theatre Company's "blessedly exhilarating!" production illuminates the meaning of the holiday season in a way that has resonated for generations.

DATE: 11/18-12/24

PRICE: \$30 and up

WEBSITE: [denvercenter.org/
tickets-events/a-christ-
mas-carol](http://denvercenter.org/tickets-events/a-christmas-carol)/Address: Wolf
Theatre, 350 S Dahlia St

SOUND OF THE ROCKIES

Join us for a holiday affair to remember, taking place

in our grand Atrium Lobby. The top men's a cappella chorus in the Rocky Mountain Region and one of the four best barbershop choruses in the world, Sound of The Rockies will be here to perform a special holiday show. Appetizers and a full bar menu will be available. The night will start with John Kite playing holiday music on the piano. Festive, holiday attire is perfect.

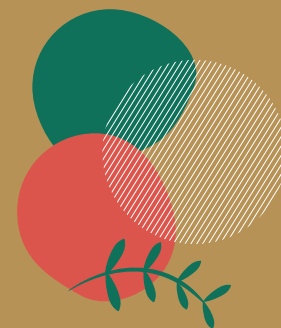
DATE: December 15th | 6:00
– 8:30 pm

WEBSITE: [brownpalace.com/
things-to-do/2022-holiday-
events/](http://brownpalace.com/things-to-do/2022-holiday-events/)

ADDRESS: Brown Palace
Hotel

DRINKS & DREIDELS 6TH ANNUAL SOIREE

Join hundreds of local young Jewish professionals as we celebrate the Festival of Light. This event features a DJ, open bar, menorah light-



STAFF FAVORITE
HOLIDAY
TRADITIONS

Mary

Marcantonio
Founder & CEO

HOLIDAY ACTIVITY: Enjoying our 20-year family tradition of watching the Santa Clause One on Thanksgiving night.

OUTDOOR WINTER ACTIVITY: Snowshoeing as a family (Including Coco - our Choca Dobe) over the holidays on our trail right out the front door - no driving makes everyone happy!

DATE NIGHT: Enjoying the theatre on Broadway with a light night dinner at the Seafire grill in NYC.

RESTAURANT: Capitol Grille

CULTURAL TRADITION: The generational tradition of homemade meatball soup (Italian Wedding Soup) as the first course for Thanksgiving dinner.

Julianna Miller

Therapeutic Care Specialist

HOLIDAY ACTIVITY: Watching Cheesy Christmas Movie

OUTDOOR WINTER ACTIVITY: Skiing

DATE NIGHT: Holiday Lights at the Botanic Gardens

RESTAURANT: Safta

CULTURAL TRADITION: Making taralli (Italian cookies) with my sisters

ing, sushi bar, latke bar and specialty donuts.

DATE: 12/4/21, 7 PM

PRICE: Prices Vary

WEBSITE: allevents.in/denver/drinks-and-dreidels-6th-annual/200021885741341

ADDRESS: Four Seasons Hotel, 1111 14th St, Denver

**TRADITIONAL
AFTERNOON TEA AT
THE BROWN PALACE**

Start your date with a touch of Old World charm at downtown Denver's historic Brown Palace Hotel, one of the city's oldest and grandest luxury hotels. You'll be treated like royalty by the hotel's staff while you nibble on freshly made scones, pastries and sandwiches, accompanied by a wide variety of teas. Soak in the elegant atmosphere of the Brown Palace, with a soothing soundtrack provided by a pianist or harpist.

DATE: 12 - 4 PM

PRICE: Prices Vary

WEBSITE: brownpalace.com/dining/restaurants/afternoon-tea

ADDRESS: Brown Palace Hotel, 321 17th St, Denver

**DOWNTOWN DENVER
FOOD & COCKTAIL
TOUR**

Taste unique and delicious dishes from award-winning local spots and learn fun history about the Mile High City on this signature downtown Denver walking food tour. In between tastings, your local food tour guide will share stories about Denver's history and architecture. You'll also visit historic sites and city

landmarks.

DATE: Through 2/28/22, 1 - 4 PM

PRICE: Starts at \$69

WEBSITE: deliciousdenver-foodtours.com/downtown-food-tour

ADDRESS: Tour starts at Marco's Coal Fired Pizzeria, 2129 Larimer St, Denver

**STAND-UP SHOW AT
RISE COMEDY**

RISE Comedy is your home for improv, stand-up and Sketch comedy in Denver! We feature dozens of different hilarious unscripted improv comedy shows, ranging from the improvised Broadway musicals of Hit And Run: Musical Improv™, to the fast-paced hilarity of Laugh Track. We also feature some of the Denver's funniest Stand Up comedians. Every show is original, never to be repeated. We were voted Best Improv Night and Best Comedy Night.

PRICE: Prices Vary

WEBSITE: risecomedy.com

ADDRESS: 1260 22nd St, Denver

**ADVENTURE
DATE NIGHT**

DOG SLEDDING

We run an awesome 6-mile tour along the gorgeous winding trails of the Swan River Valley. Each dog sled trip begins with our friendly, knowledgeable guides explaining how to run the sled and how to work with the beautiful Siberian Huskies on your team. The tour, which can handle up to 6 people, is

run as a "relay" – guests will switch off between running the dogs, riding in the dogsled, and riding on a small passenger sleigh with the guide. You will be out with your guide for about an hour and a half.

DATE: Ongoing

PRICE: \$150 per person

WEBSITE: goodtimesadventures.com/dogsledding.html

ADDRESS: 6061 Tiger Rd, Breckenridge

**SNOWSHOEING
ADVENTURE**

When the snow gets too deep to hike, snowshoeing offers access to miles and miles of terrain to explore throughout the Dillon/Silverthorne area. Follow the snow-covered hiking and biking trails up to see great views of the Tenmile Range and Buffalo Mountain. The Old Dillon reservoir trail rewards snowshoe enthusiasts and Nordic skiers with beautiful panoramic views of Lake Dillon. If you are looking to get lost in the woods, the Tenderfoot Mountain trail is a 2.5-mile round trip trail that winds through the pines.

DATE: Ongoing

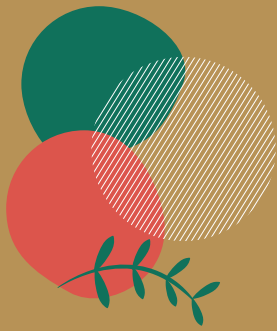
PRICE: \$150 per person

WEBSITE: coloradormr.com/dillon-silverthorne-snowshoeing.htm

ADDRESS: 2929 Golden Eagle Road, Silverthorne

**ROCK CLIMBING WITH
DENVER CLIMBING
COMPANY**

Join Dan Krug in the scenic canyons outside of Denver, Colorado for an epic 2-hour introduction to real outdoor rock climbing. While listening to the bubbling river and enjoying the golden sun



STAFF FAVORITE HOLIDAY TRADITIONS

Anna Belle Pfau

Clinical Case Manager

HOLIDAY ACTIVITY: Sleeping

OUTDOOR WINTER ACTIVITY:
Snow-ball fights

DATE NIGHT: Snuggling with
a movie

Restaurant: N/A

CULTURAL TRADITION: Being
Santa Anna, or Anna Claus!
(also known to the nieces
and nephews as Aunt
Claus)

Eileen Scheibe

Chief Clinical Office

HOLIDAY ACTIVITY:
Downtown Denver lights
and walking around (other
than crowded parade
night).

OUTDOOR WINTER ACTIVITY:
Snowshoeing

DATE NIGHT: Rooftop dining
where you have a great
view of the city lights-tapas
and small plates are a
for date night

Restaurant: Tamayo
(Sunday Brunch is a must)

CULTURAL TRADITION:
Decorating Christmas tree
and a big family Christmas
eve gathering

BEST FOR PARENTS

reflecting off the mountain sides, Dan will teach you the ropes. You'll learn essential skills like how to belay, tie in, perform safety checks, and of course, CLIMB!

DATE: Ongoing

PRICE: \$100

WEBSITE: denverclimbing-company.com

ADDRESS: 383 Corona St
Unit #821, Denver

NIGHTTIME CROSS- COUNTRY SKIING AT DEVIL'S THUMB RANCH

DEVIL'S Thumb Ranch Resort & Spa has great views of the mountains, more than 5,000 acres of meadows and woodlands and 120 km of trails groomed for both skating and gliding. The ranch is at the foot of the Continental Divide in the Ranch Creek Valley and has amazing views. The 2.5 km lighted trail loop allows for night skiing for those up to the adventure! These trails are wide and well-groomed with outstanding scenic vistas in many directions.

DATE: Ongoing

PRICE: \$50/hr for a private lesson

WEBSITE: devilsthumbbranch.com

ADDRESS: 3530 County Rd
83, Tabernash

AMAZING SCAVENGER HUNT ADVENTURE

Turn Denver into a giant game board with this fun scavenger hunt adventure. Combine the excitement of the Amazing Race with a two to three-hour city event. Guided from any smart phone, teams make their way among well known and overlooked gems of the city,

solving clues and completing challenges while learning local history.

DATE: Through 12/31/21

PRICE: \$49 for a team of 2-5 people

WEBSITE: urbanadventure-quest.com/tours/things-to-do/denver/default.aspx

ADDRESS: Colorado State
Capitol, 200 E Colfax Ave

INDOOR SKYDIVING ADVENTURE

We're already the Mile High City. Now you can take things just a little higher. iFLY Denver is a world-class indoor skydiving and bodyflight destination. You'll receive one-on-one flight instruction and even get to take home two video clips from your flight session!

DATE: Ongoing

PRICE: \$119 per package

WEBSITE: iflyworld.com
denver

ADDRESS: 9230 Park Meadows Dr, Lone Tree

ESCAPE ROOM ADVENTURE AT ESCAPOLOGY

Featuring almost ten unique escape games and a delicious in-house restaurant, Escapology makes for an incredibly memorable date night! A steampunk theme makes this Denver destination completely unique and fun! Escape from the ordinary with various themed rooms that are sure to leave you breathless. This location features private escape rooms and themed cocktails for even more fun!

DATE: Ongoing

PRICE: \$30

WEBSITE: escapology.com/en/denver-co/es-

cape-games

ADDRESS: 2220 California St,
Denver

STAYCATION IDEAS

BABY IT'S COLD OUTSIDE

LET Halcyon sweep you up this holiday season with one-of-a-kind festivities and amenities! Make yourself at home in their luxury suites while a holiday vinyl from our Gear Garage plays in the background or venture up to our rooftop pool deck for an experience unlike any other!

DATE: 11/30/21 – 1/3/22

PRICE: Prices Vary

WEBSITE: halcyonhotelcherry-creek.com/denver-hotel-specials



HAPPY WHO-LIDAYS AT THE MAVEN HOTEL

Experience handcrafted hospitality and a warm welcome to Denver at The Maven, a boutique hotel located at Dairy Block. This historic block, located in downtown Denver's LoDo neighborhood, was once home to Windsor Dairy and is now a vibrant micro-district that boasts 15 shops, 19 restaurants, seven bars, and a luxury coworking space. Holiday season is here, and the "Mean One" himself is at Dairy Block ... oh,

THE 2022
SEASONAL GUIDE

the who-manity! Steal a night or two away at The Maven and feel festive with in-room holiday lights, who-liday cookies and green cocktails from Poka Lola Social Club. Your heart will grow three sizes as you get all the holiday feelings this season.

COLD DAYS AND WARM STAYS AT RENAISSANCE DENVER

"Mile High Holiday Magic" lives at the Renaissance Denver City Center Hotel in the historic Colorado National Bank building. For more than 100 years, the Colorado Na-

tional Bank was well known as the go-to place for Denver's holiday celebrations. Relive the experience by our 24-foot dazzling Christmas Tree, paying homage to the original tree in the bank lobby. Package includes two Welcome Drinks to enjoy in our famous lobby and late check-out at 2 pm.

DATE: 11/8/21-1/9/22

PRICE: \$159 and up

WEBSITE: marriott.com/event-reservations/reservation-link.mi?id=1606844065008&key=CORP

&app=resvlink

ADDRESS: Renaissance Hotel Downtown, 918 17th St, Denver

HOTEL TEATRO

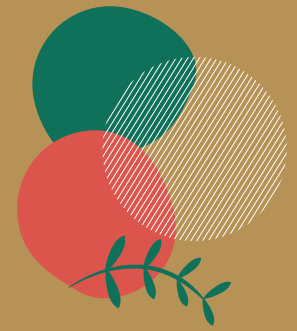
Modern amenities meet historic charm at Hotel Teatro, Downtown Denver's original boutique hotel. Experience exemplary service in an ideal location, just walking distance from the city's top attractions.

DATE: 1/1/22 - 12/31/22

Price: \$189 and up

WEBSITE: hotelteatro.com/special-offers

ADDRESS: 110014th St, Denver



STAFF FAVORITE HOLIDAY TRADITIONS

Kat Slater

National Outreach Manager

FAVORITE HOLIDAY ACTIVITY:

Going around the thanksgiving table talking about what we are grateful for from the year.

FAVORITE OUTDOOR WINTER ACTIVITY:

Hiking- but only on the sunny days

FAVORITE DATE NIGHT: A good hike followed by Mexican food

RESTAURANT: Sherpa House in Golden

SEASONS GREETINGS!

FROM ALL OF THE STAFF OF EQUINOX COUNSELING AND WELLNESS CENTER



Alana Yeager
Marketing Manager

HOLIDAY ACTIVITY: Baking holiday cookies and sweet treats

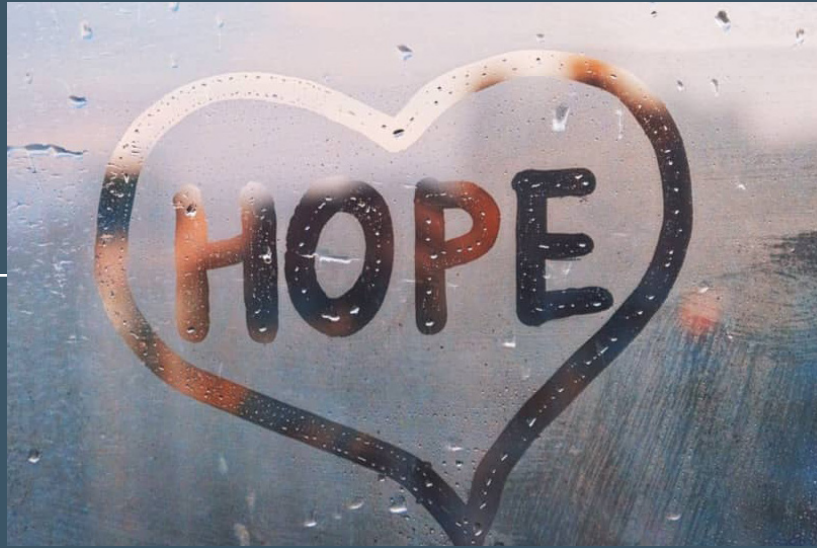
OUTDOOR WINTER ACTIVITY:

Skiing

DATE NIGHT: Cruising around to find the best/most festive neighborhood Christmas lights

RESTAURANT: Tavernetta

CULTURAL TRADITION: getting together with the family to dress to the Christmas tree



EQUINOX COUNSELING & WELLNESS CENTER

Colorado's premier intensive outpatient treatment center for youth, young adults and families.

Family level healing is the foundation of Equinox Counseling & Wellness Center. Our unparalleled commitment to delivering clinically sophisticated programs has created a new step in the continuum of mental health care. We have taken the best components of residential treatment, wilderness therapy, and holistic milieu services—providing youth and families a safe, healing, compassionate treatment experience. Our multi-disciplinary team of clinicians, evaluators, and parent coaches help youth, young adults and families who are experiencing complex psychiatric, emotional, and behavioral health issues. These issues are often related to anxiety, depression, suicidality, and mood disorders in combination with Autism Spectrum Disorder, ADD/ADHD, and Executive Function Disorder. In addition, as Colorado's premier transition and aftercare program, we're passionate about delivering results to families seeking therapeutic intervention. For over 13 years, Equinox has been serving clients both regionally and nationally.

FAMILY LEVEL HEALING

Call us today to learn more about our programs or visit us online.

equinoxcounseling.com | 303.861.1916